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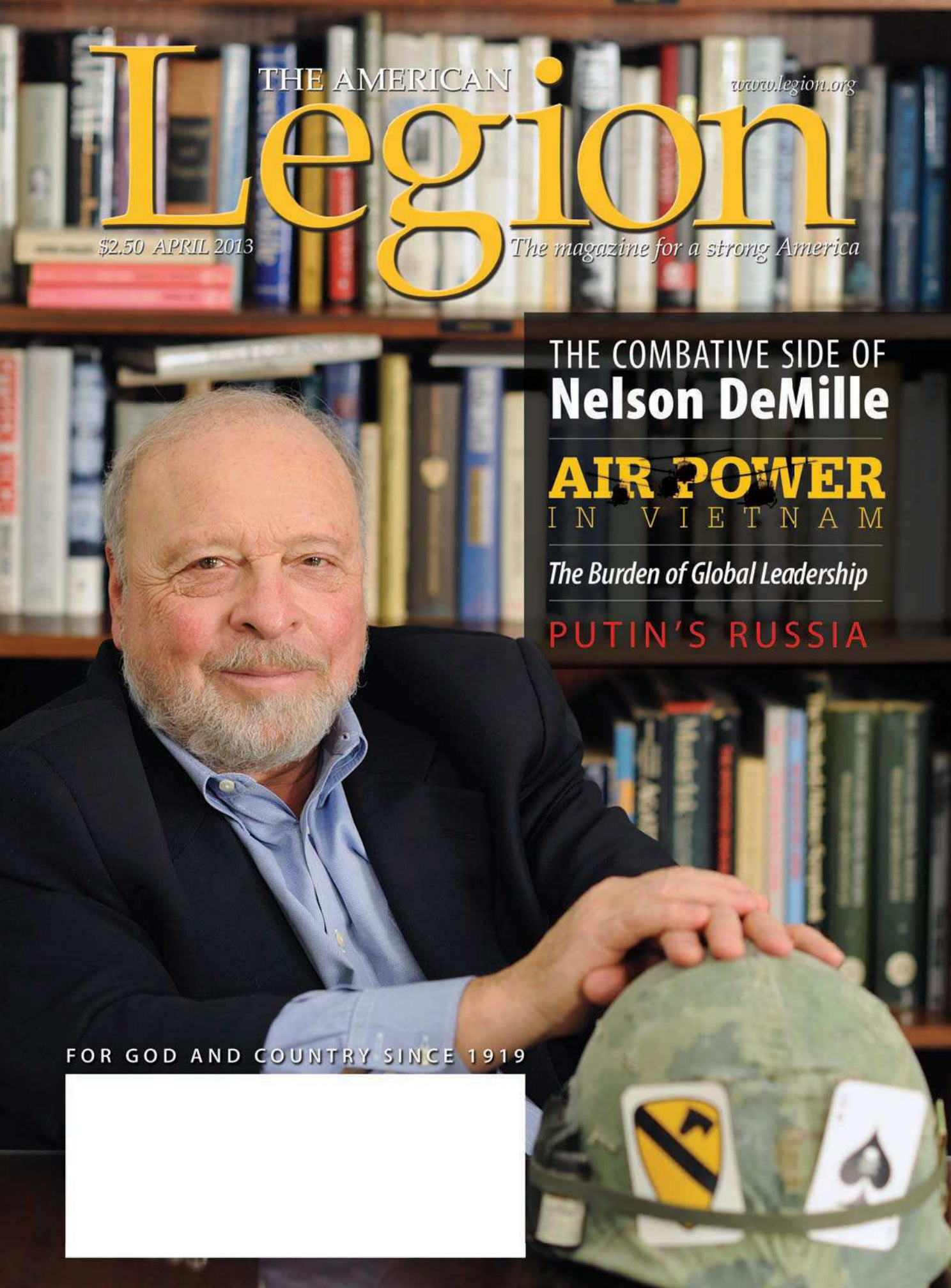

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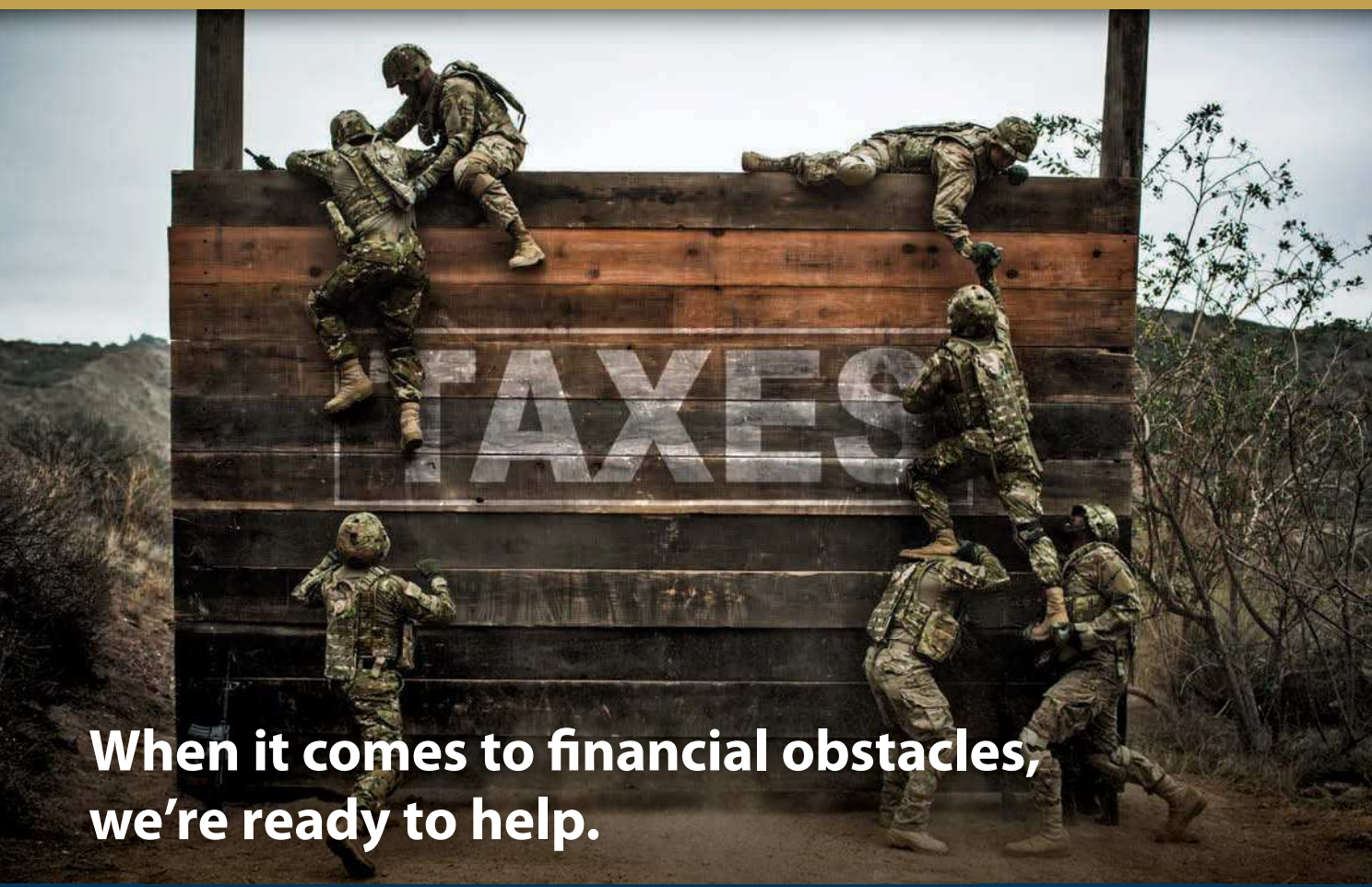

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Cover photo by Amy C. Elliott

READY TO RIDE

The American Legion Riders plan to raise $450,000 for the Legacy Scholarship Fund on their way to the 95th National Convention in Houston.

Sponsored by USAA, the eighth annual ride will pass through five states and cover 1,480 miles, starting in Indianapolis on Aug. 18 and ending in League City, Texas, on Aug. 22. American Legion Post 554 in League City will host three days of Legion Riders activities, and the group will ride in the national convention parade on Aug. 25.

Nearly 500 Riders participated in last year's American Legion Legacy Run, which raised $724,525 to fund college scholarships for children of U.S. troops killed on active duty on or after 9/11. Since 2006, the Legacy Run has generated more than $3.5 million.

Online registration for the 2013 Legacy Run will continue until Aug. 9. Photo by Amy C. Elliott

www.legion.org/riders/registration

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'A Case for Civility'

I would like to thank Henry Howard for this outstanding and thoughtful article (February). It's exactly the kind of balanced and timely piece I've come to expect from *The American Legion Magazine*, and it's an example of why I joined the Legion more than 30 years ago.

You might hear from people on the extreme right and left blaming each other for our current lack of civility, but each of us has the responsibility to lower the volume a bit and just *listen* to each other, without a rush to judgment. The Legion is one of those rare groups that encourages passionate discussions without demonizing those with whom we disagree.

The nation is facing some serious challenges. We can't begin to address them unless we're willing to work on solutions together.

– John Hanson, Alexandria, Va.

I note that the goals of the National Institute of Civil Discourse address three key areas: Congress, the public and the media. It has always been my understanding that the culture of an organization comes from the top, not just in words but in actions. Absent from the discussion is any mention of the highest office in the land and the role it should play in the "repair" effort.

– Gerald W. McCabe, Aiken, S.C.

At the risk of appearing uncivil, I think I detected a decidedly liberal bias in this article. I would have thought that any article on incivility would have at least mentioned the lies and half-truths told in the media about presidential candidate Mitt Romney. Oh, well. The media marches on.

– Don Phillips, Los Alamitos, Calif.

I am disappointed that Henry Howard used a comment by Sarah Palin as an example of incivility. As far as I can remember, no figure in modern history has been treated to more incivility than Palin. She has been called a slut, a hillbilly, stupid and white trash. She was the subject of bogus ethical complaints following her return to Alaska, the purpose of which was to bankrupt her. She was compared by a Democratic representative to Pontius Pilate because he, too, had been a governor. She was even accused of being complicit in the attack on Rep. Gabrielle Giffords because she had once "targeted" several Democratic incumbents – including Giffords – who could be defeated in elections.

You could at least say something nice about a woman who rose from the PTA to the governor's mansion on her own merit, even if you don't agree with her politics.

– Peter A. Schneider, Harrington Park, N.J.

It used to be that when you had an adverse opinion and conversation with someone, you were staring him in the face, and that alone tempered the conversation. You adjusted your rhetoric with respect for others and civil discourse. Not so anymore. Typing into a phone or computer, we no longer have that restraint, and the lesser angels of our nature seize our thoughts and utterances.

– Donald Craig Jr., Indianapolis

Henry Howard's article on incivility is just another cause and reason for it – blaming the Tea Party and talk radio, but with no mention of the incendiary and profane comments from Bill Maher and others. We are frustrated by a media that protects Barack Obama like no other president. Some of Eric Holder's first words as attorney general were that, when it comes to race, this country has "always been ... essentially a nation of cowards." What does that have to do with upholding the Constitution? Obama is the most divisive president we have ever had, and I have voted for both parties over 37 years.

– Richard Celia, Livonia, Mich.

This article is exceptionally well written and should be read by all. Having been in politics in the 1970s, I experienced this unacceptable behavior, but I agree that it is getting worse. Unfortunately, we have seen outstanding leaders drift off to utilize their expertise in other endeavors, and others have not entered the political arena to avoid the civil disregard for them and their families. As Henry Howard points out, this is not a problem only in the two major political parties but also in support groups promoting their interests. Unfortunately, there is no easy panacea.

– John H. Hodge, Kennesaw, Ga.

Legionnaires don't need lullabies masquerading as serious argument. To be civil is not only to speak with moderation but to have moderate expectations for society. We don't need lectures from politicians who are only too willing to put civilization at risk with misguided policies.

– Richard H. Reeb Jr., Helendale, Calif.

Progressives, who long ago hijacked the Democratic Party, are for the most part ruthlessly dedicated to the fundamental transformation of the United States, and care precious little how they achieve that insidious goal. While I'm not condoning incivility, since we are engaged in a titanic battle between constitutional order and utopian statism, I'm frankly surprised that the level of discord hasn't been more strident and considerably more unpleasant.

– Jim Delaney, Greece, N.Y.

This article should be sent to all members of Congress and probably many others. However, the quotes copied by George Washington as a young man were composed by French Jesuits in the 16th century. The important thing is not that Washington copied them, but that he went on to live them.

– M.A. Upton, Townsend, Mont.

'Camp Lejeune's Toxic Legacy'

Thank you for the excellent article by Ken Olsen (February). I would like to thank Marine Jerry Ensminger for leading the charge on this issue. Having served at Camp Lejeune during the period in question, I was dismayed to learn of the handling of this long-running problem. I urge anyone stationed there between 1957 and 1987 to use the resources listed in the article. I can't really blame the enemy for trying to kill me in combat; that's their job. I just didn't expect it from my own people.

– Wayne Dillon, Clarksville, Tenn.

How sad that the authorities ignored all the early warnings about the contaminated water at Camp Lejeune. Let's hope all those affected get the help they need. But rather than "toxins," man-made substances created by artificial processes – such as the chemicals listed in the article – are more accurately called "toxics" or "toxicants."

– Joel Grove, Glen Arm, Md.

Federal funding of green energy

Reps. Jim Himes and Fred Upton miss the point (Big Issues, February). All technology, not just green, is expensive and time-consuming. It requires hard work and truly creative thinking to bring it to practical use in our lives. There is a high percentage of failure in such work. Both Solyndra and an Ohio firm followed a then-promising approach that didn't pan out. The Ohio firm reversed course, but Solyndra – with our money – didn't. Technology is not always a predictable profit producer, so there are areas where government seed money and legislative encouragement are appropriate for progress. But these decisions can't be made for us by those who may be motivated by re-election. Projects should be selected by a scientific panel, free of politics.

– Jerry K. Hiatt, Celina, Ohio

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When children are caught in a crisis

A soldier was on his first deployment to Afghanistan when his wife received awful news. She had breast cancer. During his second deployment, doctors said the disease had spread to her other breast. She would need a double mastectomy, and he would have to take emergency leave to be with her during surgery and to help her recover. Medical bills, travel costs to a hospital hundreds of miles away and other unexpected expenses soon drained the family's bank account.

Elsewhere, a National Guardsman was four weeks removed from a scheduled activation and deployment. He decided to resign from his job to spend that final month at home with his family. Then the orders were rescinded. He was suddenly jobless and, because he left work voluntarily, had no unemployment benefits to help make ends meet.

After months of looking for work, another veteran and his wife finally lost their home to foreclosure and had no money for rent.

A common thread among these three painfully true stories from 2012 is that dependent children were living at home during each crisis. Another common thread: The American Legion was there to help. Grants from the Legion's Temporary Financial Assistance (TFA) program helped the families avoid catastrophe and get back on their feet.

These are just three examples from a total of 776 families that received TFA grants in 2012. Last year, nearly $850,000 in TFA was distributed to military and veteran families in serious financial distress. The program directly benefited 1,711 children.

The Family Support Network (FSN), meanwhile, connects post volunteers to the spouses of men and women deployed in service to our country. At the national level alone last year, 1,558 families made requests for FSN assistance, including volunteer child care, household maintenance, caregiver relief, automobile repairs and almost anything else that can help a mother or father confronting single parenthood while a loved one is confronting the enemy at war. Hundreds of other FSN requests are quietly fulfilled at the post, district and department levels across the country. Together, TFA and FSN are the bedrock underlying the Legion's pillar value of support for children and youth.

Other Legion programs – such as the Child Welfare Foundation, which awards more than $500,000 a year in grants to nonprofit organizations that help young people facing challenges ranging from autism to violent abuse – are how we keep our founders' vow to provide a square deal for every young person, no matter their circumstances.

April is American Legion Children & Youth Month. Our support for young people is, as they say, 24/7/365, but April provides a window of time to take a deeper look at our work in this area and promote awareness. I know it can be difficult to step away from helping people for a moment to share stories of advocacy, but I am asking our posts to do just that this month, through local newspapers, radio and TV stations, civic groups, schools, social media and in conversations with other veterans and their families. They need to know that American Legion services are available and why children matter so much to us.

James E. "Jim" Koutz

National Commander James E. Koutz

MEMORANDA

TELL YOUR STORY OF SUPPORT FOR CHILDREN & YOUTH

The American Legion's newly redesigned Legiontown USA web platform is a great place to share your words and photos in support of Children & Youth Month. Visit the site, deliver your message, and share it through email and Facebook.

www.legion.org/legiontown

DONATIONS FUND TFA

The American Legion's Temporary Financial Assistance program depends on donations to The American Legion Endowment Fund, which has provided nearly $25 million in assistance to families since its creation in 1925. Learn how you can help.

www.legion.org/donate

FAMILY SUPPORT NETWORK

To get assistance from the Family Support Network, call toll-free:

(800) 504-4098

Find the application online:

www.legion.org/fsn

CONSOLIDATED POST REPORTS

Document how your American Legion post helps your local community and submit it online.

www.mylegion.org

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I AM THE AMERICAN LEGION

"The Legion has done a lot to protect veterans benefits. We are always fighting for the right things to be done for our veterans, and we are up there (on Capitol Hill) lobbying heavily every day."

MARY E. LEPLEY

BRANCH OF SERVICE: Army

YEARS: 1974-2000

MOS: Administration/Personnel

RANK AT DISCHARGE: Command sergeant major

DECORATIONS

- Legion of Merit
- Meritorious Service Medal
- Joint Service Medal
- Army Commendation Medal
- Army Achievement Medal
- Good Conduct Medal
- Overseas Service Ribbon
- Drill Sergeant Badge

AMERICAN LEGION POST
Frank P. Dorris Post 145, Douglasville, Ga.

NUMBER OF YEARS IN THE LEGION: 19

OFFICES

- Post adjutant (2000-2003, 2006-2008, 2009-2010 and 2012)
- Post commander (2003-2006)
- District commander (2011-2012), awarded Best District in the State
- Department Legionnaire of the Year (2011-2012)
- Department Aerospace Committee member (2008-2012), chairman (2010)
- Department assistant sergeant-at-arms (2008-present)
- Georgia Boys State staff (2008-present)
- National Homeland Security Council member (2007-2008)
- American Legion Magazine Commission member (2012-2013)

Watch an interview with Mary Lepley online:
www.legion.org/magazine

Photo by Eldon Lindsay

U.S. Department of Veterans Affairs

No matter how tough you think you are, go out and get some help.

Brent
U.S. Army, U.S. Army Reserve
1979-1986

Brent felt lost before reaching out for support.

At first, he tried to cope on his own with the flashbacks, financial challenges, heavy drinking, and depression. Working with health care professionals and getting support gave Brent the tools to get his life to a better place.

He made the connection. You can, too.

MAKE THE CONNECTION

www.MakeTheConnection.net/Brent

Pass tougher gun-control laws

SUPPORT

Rep. Carolyn McCarthy, D-N.Y.

■ McCarthy is a senior member of the Committee on Education and the Workforce.

OPPOSE

Rep. Steve Stockman, R-Texas

■ Stockman serves on the House Science and Foreign Affairs committees.

The debate over gun violence in America has become terribly oversimplified, the conversation dominated by fake binary conflicts: pro-gun vs. anti-gun, pro-Second Amendment vs. anti-Second Amendment, gun nut vs. gun grabber, us vs. them.

None of this language is helpful to anyone. It insults and divides Americans. And none of it is accurate.

Our nation was united in grief and horror after the murder of 20 schoolchildren in Newtown, Conn., in December. None of us should accept the idea that we can do nothing. That is not how we became the greatest country in the world. When faced with a challenge, we don't give up. We fight.

In January, President Barack Obama unveiled a package of 23 executive orders designed to reduce gun violence, and voiced his support for efforts that are at the heart of legislation I've sponsored: making sure that criminals and mentally ill people with violent tendencies aren't allowed to bypass our background-check system, and getting some of the most dangerous weapons off the market.

No American horrified and dismayed by the massacre at Sandy Hook Elementary School could reasonably oppose each of the president's proposals, which include maximizing federal prosecutions, helping schools develop security plans for shooting situations, and reviewing safety standards for gun locks and safes.

But it's critical – and the right and patriotic thing to do – to keep an open mind about ways to reduce gun violence within the framework of the Constitution. It's also critical that we treat each other like who we really are: fellow Americans who should be united in grief and outrage over crimes committed against innocent people, and determined to do something about it.

THE HEART OF THE ISSUE

Those who favor greater restrictions on gun ownership and use say such laws will reduce gun-related violence. Opponents say the measures will actually increase violence and infringe on Americans' Second Amendment rights.

Anti-gun laws have always led to one thing: more gun violence. We owe it to innocent people to make this country as safe and free as possible. Sadly, President Barack Obama's actions are not intended to reduce crime or to execute laws. They are intended to divide Americans for his political benefit.

Even worse, the president is abusing his authority to write unaccountable laws by executive order. Regardless of your position on Americans' gun rights, Congress has an obligation to assert its constitutional authority as the only lawful rule-making body.

That is why I have introduced the Restore the Constitution Act, which declares any past, present or future executive action infringing on the powers and duties of Congress in Article I, Section 8 of the Constitution, or of the Second Amendment, or that would require the expenditure of federal funds not specifically appropriated for the purpose of executive action, as advisory only and having no force unless enacted by law.

President Obama is also exploiting mental health concerns as a Trojan horse to attack gun rights. That should come as no surprise. Anti-gun activists have often sought to portray gun-owning veterans as a threat. While no one wants guns in the hands of dangerous people, we fear the mental health issue will be exploited to violate the medical privacy of, and strip constitutional rights from, millions of healthy veterans who simply sought counseling.

The right to keep and bear arms is a basic human right that has kept us free for over two centuries. With a vigilant citizenry eager to contact their elected officials and make their voices heard, it will continue to be that way.

CONTACT YOUR ELECTED OFFICIALS

The Honorable *(name)*, U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121
The Honorable *(name)*, U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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All my friends have new cell phones. They carry them around with them all day, like mini computers, with little tiny keyboards and hundreds of programs which are supposed to make their life easier. Trouble is… my friends can't use them. The keypads are too small, the displays are hard to see and the phones are so complicated that my friends end up borrowing my Jitterbug when they need to make a call. I don't mind… I just got a new phone too… **the new Jitterbug Plus. Now I have all the things I loved about my Jitterbug phone along with some great new features that make it even better!**

GreatCall® created the Jitterbug with one thing in mind – to offer people a cell phone that's easy to see and hear, simple to use and affordable. Now, they've made the cell phone experience even better with the Jitterbug Plus. It features a lightweight, comfortable design with a backlit keypad and big, legible numbers. There is even a dial tone so you know the phone is ready to use. You can also increase the volume with one touch and the speaker's been improved so you get great audio quality and can hear every word. The battery has been improved too– it's one of the longest lasting on the market– so you won't have to charge it as often. The phone comes to you with your account already set up and is easy to activate.

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Voice Dial	FREE	FREE
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Diet and our teeth

A research team from the Australian Centre for Ancient DNA has found evidence suggesting that oral health is actually worse now than in prehistoric times, despite the vast medical advances since the days of our hunter-gatherer ancestors.

The results of the team's study, recently published in *Nature Genetics*, are based on close examination of calcified plaque from 34 prehistoric skeletons. The change has to do with our evolving diet – the switch from meat and vegetables to more carbohydrates and sugars (from the development of agriculture, and later the Industrial Revolution) led to an evolution in the makeup of oral bacteria. Disease-causing bacteria thriving on carbs crowded out the more innocuous, pathogen-fighting bacteria already there. This led to an enhanced immune response against these "opportunistic pathogens" – the more you eat, the more bacteria you have, and the harder your body has to work to fight it off. The lack of the previous pathogen-fighting bacteria then leads to oral disease.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

NOT A RACE

Get in shape – or get back in shape – one small change at a time.

BY MARK L. FUERST

If you want to start a new workout regimen, or get back into one after a sustained layoff, you may not know where to begin or how to motivate yourself.

When setting any goal, it is important to remember that change does not happen overnight. Steady progress and focusing on your achievements along the way is a rewarding part of the ultimate goal, says Darren Capik, CEO of Watch It Now Entertainment, a fitness production house. "Weight loss starts with tweaking your lifestyle and adding exercise into your regimen," Capik says. In other words, slow but steady progress will get you to your goal.

"Experiment with small changes that fit your lifestyle rather than setting too-aggressive goals that require a life overhaul," suggests wellness coach Margaret Moore, CEO of Wellcoaches Corp. "Just a small shift might be all it takes to change the course of your direction and spark more motivation. Small changes add up to larger changes that last over time."

Here are some tips from Capik to kick-start your fitness journey:

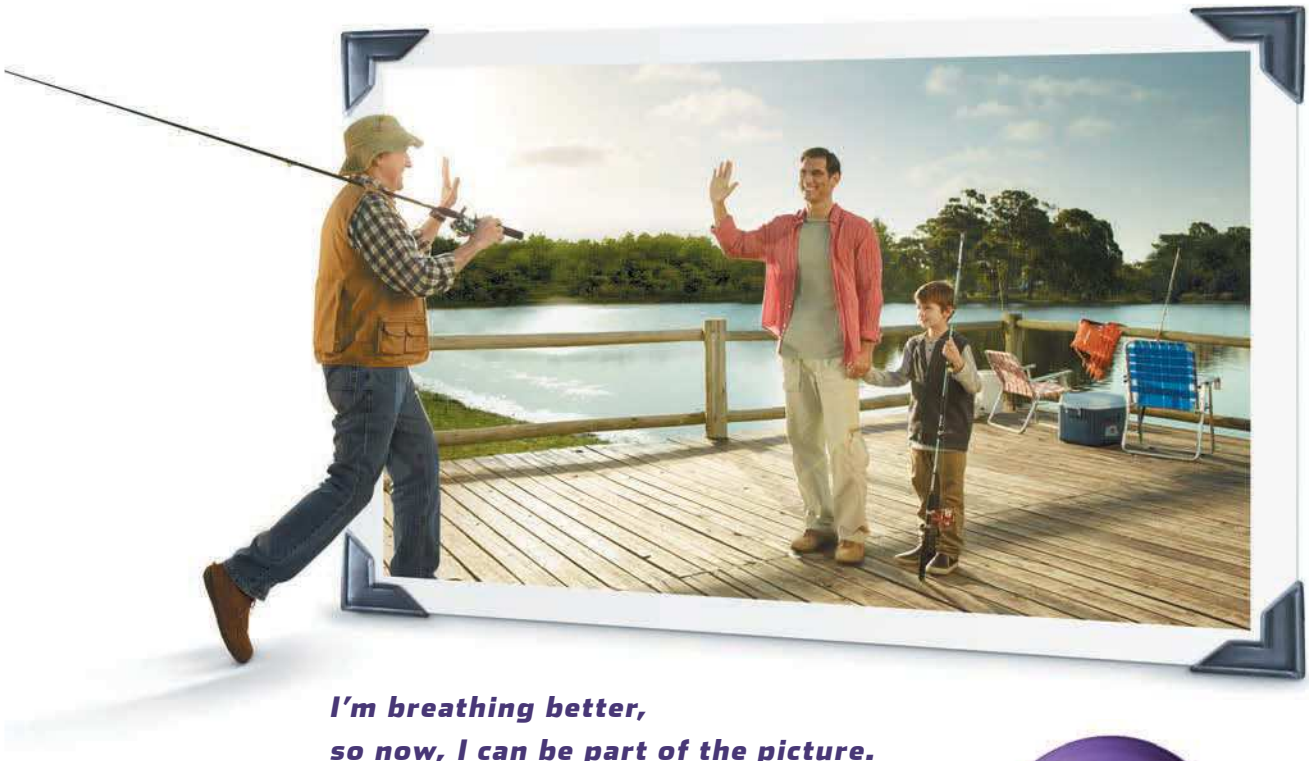
Consult your doctor. If you have been inactive for a period of time or recently suffered an injury, it's important to seek advice from your physician to determine what is safe for your body.

Set a goal. Setting a goal – to lose weight, for example – can be tricky. Be careful not to choose an unrealistic one. Set a workout goal that you can easily attain, rather than one that revolves around the amount of weight you want to lose. For example, begin with light 20-minute workouts three times a week for four weeks.

Make easy adjustments to your diet. Drink a glass of water first thing in the morning, suggests "Biggest Loser" coach Bob

See **RACE** *on page* **17**

Veer



I'm breathing better,
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COPD? Ask your doctor about breathing better with ADVAIR®*

ADVAIR helps improve your lung function so you breathe better. ***Results may vary.*** *Unlike most chronic obstructive pulmonary disease (COPD) medications, ADVAIR contains both an anti-inflammatory† and a long-acting bronchodilator working together to help improve your lung function. ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. ADVAIR DISKUS is not for, and should not be used to treat, sudden, severe symptoms of COPD. ADVAIR won't replace a rescue inhaler. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. Ask your doctor about ADVAIR.*

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information about ADVAIR DISKUS 250/50

- Do not use ADVAIR to treat sudden, severe symptoms of asthma or COPD. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure.
- **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain long-acting beta$_2$-agonists for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
  - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
  - **sudden breathing problems immediately after inhaling your medicine.**
  - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain.
  - **effects on nervous system:** tremor; nervousness.
  - **reduced adrenal function (may result in loss of energy).**
  - **changes in blood (sugar, potassium, certain types of white blood cells).**
  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
  - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
  - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
  - **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR may increase the chance of getting pneumonia. Call your doctor if you notice any of the following symptoms: increase in mucus (sputum) production; change in mucus color; fever; chills; increased cough; increased breathing problems.
- **Common side effects of ADVAIR DISKUS 250/50 for COPD include:** thrush in the mouth and throat, throat irritation, hoarseness and voice changes, viral respiratory infections, headache, muscle and bone pain.

*Measured by a breathing test in people taking ADVAIR DISKUS 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

†It is not known how anti-inflammatories work in COPD.

‡Restrictions apply. See ADVAIRCOPD.com for eligibility rules.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

To get your first full prescription free and to save on refills‡ visit ADVAIRCOPD.com or call 1-877-200-4673.

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

GlaxoSmithKline

ADVAIR DISKUS®
(fluticasone propionate and salmeterol inhalation powder)

BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
- **Get emergency medical care if:**
  - breathing problems worsen quickly and
  - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

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AD5799R0 July 2012

RACE *continued from page* **14**

Harper. Within the first hour of waking up, eat breakfast. Both of these easy tips will fuel your metabolism and wake up your internal organs.

Choose your favorite form of exercise. Pick an activity that you enjoy and will continue to do. DVDs are great for a first-time exerciser because they allow you to work out confidently in the comfort of your home.

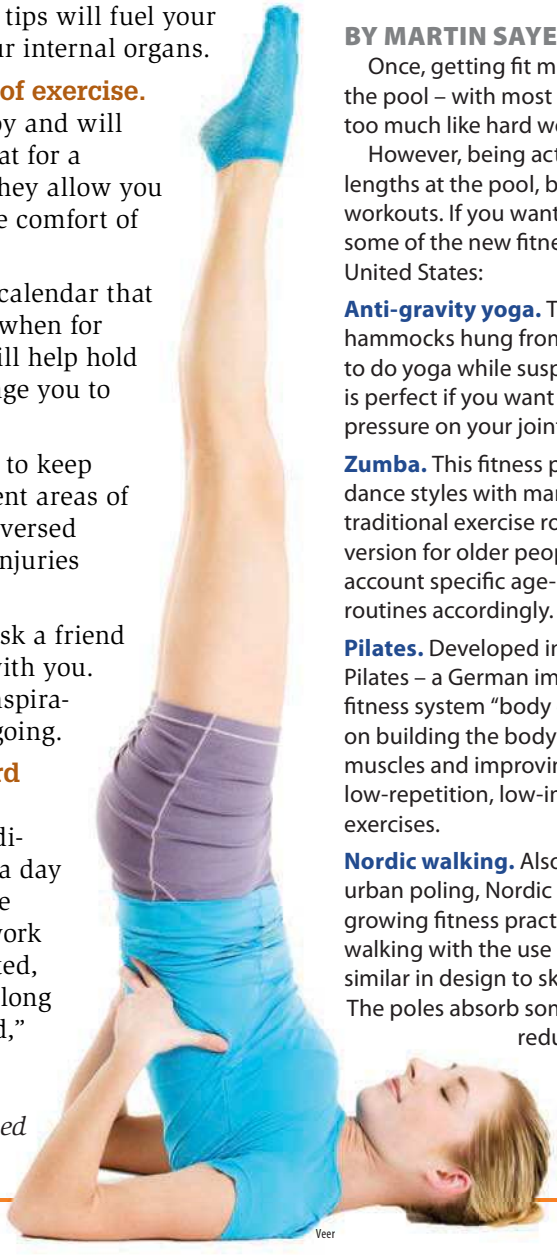
Create a schedule. Make a calendar that marks what you will do and when for your fitness regimen. This will help hold you accountable and encourage you to stick to the plan.

Mix it up. Vary your routine to keep feeling fresh. Work on different areas of your body to give you a well-versed regimen and to prevent any injuries from overuse.

Choose a support group. Ask a friend or family member to get fit with you. This will provide you with inspiration and motivation to keep going.

Stay committed and reward yourself. If you get off track, things will not go bad immediately. In fact, it is OK to skip a day every now and then. Just give yourself credit for the hard work you are doing. "Stay committed, work hard, reward yourself along the way and you will succeed," Capik says.

Mark Fuerst is a Brooklyn-based health and fitness writer.



Veer

Four ways to boost your fitness level – outside the gym

BY MARTIN SAYERS

Once, getting fit meant hitting the road, the gym or the pool – with most of us deciding that exercise was too much like hard work and hitting the couch instead.

However, being active doesn't have to be endless lengths at the pool, bone-jarring runs or repetitive gym workouts. If you want to get moving again, consider some of the new fitness alternatives sweeping the United States:

Anti-gravity yoga. This form of exercise uses silk hammocks hung from the ceiling, allowing participants to do yoga while suspended in midair. This type of yoga is perfect if you want to exercise without putting pressure on your joints.

Zumba. This fitness program mixes Latin American dance styles with martial arts movements and traditional exercise routines. There's even a special version for older people, Zumba Gold, that takes into account specific age-related problems and adjusts routines accordingly.

Pilates. Developed in the early 20th century by Joseph Pilates – a German immigrant who originally called his fitness system "body contrology" – Pilates concentrates on building the body's back, abdominal and pelvic muscles and improving posture through a series of low-repetition, low-impact stretching and conditioning exercises.

Nordic walking. Also called poling, pole walking or urban poling, Nordic walking is one of the fastest-growing fitness practices in the world. It combines brisk walking with the use of specially developed poles, similar in design to ski poles, to propel yourself along. The poles absorb some of the strain of movement, reducing pressure on the knees.

Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition issues.

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Boomer health, by the numbers

The members of the 78 million strong baby boomer generation are living longer than their parents – but not necessarily better, according to a new study.

The results, published in *JAMA Internal Medicine*, are the culmination of a study by the West Virginia University School of Medicine and the Medical University of South Carolina. The study compares responses to the National Health and Nutrition Examination Survey by boomers ages 46 to 64, and their parents' responses when they were in the same age range.

Chronic health problems like obesity are more in evidence with the boomers, and positive health behaviors like regular exercise are less so. There are a few bright spots – notably in smoking rates – but the overall picture is discouraging.

	PRE-BOOMER	BOOMER
Excellent health status	32%	13%
Use a walking assist device	3.3%	6.9%
Limited in work	10.1%	13.5%
Functional limitation	8.8%	13.5%
Obese	29%	39%
Regular exercise	50%	35%
Moderate drinking	37%	67%
Hypertension	36%	43%
Hypercholesterolemia	34%	74%
Diabetes	12%	16%
Cancer	10%	11%
Current smoker	28%	21%
Emphysema	3.5%	2.3%
Myocardial infarction	5%	4%

Veer

Steak out?

Even if your doctor has advised you to lower your cholesterol, that doesn't mean you have to completely cut steak from your diet. As Cleveland Clinic notes, "a heart-healthy diet can include limited red meat." The key is eating the right kind of red meat and doing so in moderation.

Smoked, cured, salted and preserved meats are among the worst offenders. "Filled with sodium, nitrates and nitrites, these processed meats are linked to high blood pressure and heart disease," according to the clinic's b•Well newsletter. "An occasional lean steak is fine, but avoid fatty cuts, limit portions and don't indulge every day."

Veer

Cancer death rates continue to fall

The overall death rate for American cancer patients dropped by 20 percent between 1991 and 2009, according to the American Cancer Society – 24 percent in men and 16 percent in women. In numbers, that's 1.2 million fewer cancer deaths.

Citing ACS findings, HealthDay reports that death rates continue to fall for colon, breast and prostate cancers, thanks to improvements in early detection and treatment. In addition, although lung cancer is still the leading cancer killer, the number of deaths caused by lung cancer is also falling.

Meanwhile, ACS reports that incidence rates are increasing for melanoma and for cancers of the liver, thyroid, pancreas and uterus. In addition, cancer rates in certain demographic groups have not seen equal levels of decline.

"Not all demographic groups have benefited equally from these gains – particularly those diagnosed with colorectal or breast cancer, where earlier detection and better treatments are credited for the improving trends," said John Seffrin, ACS chief executive officer. "We can and must close this gap so that people are not punished for having the misfortune of being born poor and disadvantaged."

CDC lets iPad users play epidemiologist

The Centers for Disease Control and Prevention (CDC) recently unveiled a free iPad app, "Solve the Outbreak," putting users on the side of public health in trying to contain the spread of infectious diseases. "Officials" can order quarantines, conduct interviews and work with labs, and gain points and badges for their actions in helping stop an epidemic. Since its release, "Solve the Outbreak" has been downloaded about 2,000 times. CDC's goal is between 15,000 and 20,000 downloads a year.

The agency has been using mass media and technology to put public health awareness in Americans' hands and minds for some time now; in 2011, it played on pop culture's current obsession with zombies by releasing materials – including posters and a novella – related to a hypothetical zombie outbreak.

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Revised health record plan draws ire

BY TOM PHILPOTT

One effort more complicated than rocket science or brain surgery appears to be creating a single electronic health record system for DoD and VA.

Four years ago, President Barack Obama announced that the two departments had taken a first step "toward creating one unified lifetime electronic health record for members of our armed services that will contain their administrative and medical information from the day they first enlist to the day they are laid to rest."

But in February, VA Secretary Eric Shinseki and retiring Defense Secretary Leon Panetta announced that the grand vision is being scaled back to something less expensive and more achievable. Each secretary struggled to put the compromise in the best possible light, but criticism soon rained down from Capitol Hill.

"Our goal had been to complete this effort by 2017," Panetta said. But he and Shinseki realized that the single-system approach could face more delays and cost far more than projected. The risks, given the budget climate, became unacceptable.

"So we asked the managers of the joint program to take a step back ... assess whether we could achieve the president's directive much sooner and for much less money than had been budgeted," Panetta said. "With advantages in technology, thank God, and the work that our two agencies have already done, it turned out that we could."

Rather than build a single integrated electronic record system "from scratch," Panetta explained that a new goal is to keep the VA record system, VistA, but gain interoperability with military health data using existing software solutions.

By summer, he said, DoD and VA will field a pilot program to create a common data interface, or software tool, that will allow clinicians to share medical data at seven joint rehabilitation or polytrauma centers, and there are plans to expand quickly to at least two more sites.

Roger Baker, assistant VA secretary for information and technology, said the revised effort has three parts. One is a graphical user interface that will give clinicians a common view of key patient data generated by VA and DoD. Another is data exchange in key clinical areas; a third is accelerated functionality and reduced program costs.

"This fulfills the president's promise under the virtual lifetime electronic record system to make that medical information available for general use inside VA and DoD, but also, importantly, for the veterans and servicemembers themselves to download their medical record and retain it for their own use," Baker said.

Ranking members on the House and Senate Veterans Affairs committees panned the plan.

"What they are now proposing is not the fully integrated, end-to-end IT solution that this problem demands," said Sen. Patty Murray, D-Wash., former committee chairwoman. "VA and DoD have been at this for years and have sunk over $1 billion into making this the cornerstone of a nationwide electronic medical record initiative."

"We have just witnessed hundreds of millions of dollars go down the drain," said Rep. Mike Michaud, D-Maine, ranking member of the House Veterans Affairs Committee. "This is a huge setback."

The House committee immediately scheduled a hearing on the decision. Its chairman, Rep. Jeff Miller, R-Fla., noted that previous attempts by DoD and VA to use disparate computer systems to produce universal electronic health records have failed. "Unfortunately, it appears they are repeating past mistakes," he said.

Administration officials portrayed the decision as saving hundreds of millions of dollars while achieving a seamless electronic health record sooner, at least for veterans who have suffered the most serious wounds of war.

The American Legion pressed for more details.

"We applaud both secretaries for their efforts in trying to develop a truly seamless solution to this problem," National Commander Jim Koutz said. "But our veterans are the real losers in this decision. Without a joint DoD-VA record that is easy to access, veterans have to ask for copies, and those requests often take months to process. We're cautiously optimistic about the new plan and eagerly wait to hear more details."

Tom Philpott, a former Coast Guardsman, has written about veterans and military personnel issues for more than 30 years.

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The appearance of prosperity can't mask Vladimir Putin's tight grip on his country – and its people's deep distrust of the United States.

Corbis

RUSSIAN ROLLBACK

BY JOHN STONE

On the morning of May 7, the day Vladimir Putin was inaugurated president of Russia for a third term, I looked out a window in Moscow and saw empty streets.

On state-controlled television, the nation watched a phalanx of shiny black limousines silently convey Putin to the Kremlin, where thousands of invited apparatchiks, oligarchs and government officials stood at attention, waiting to receive him.

This was a far cry from U.S. presidential inaugurations, where anyone can join the crowd on the National Mall in Washington to hear the president's address or stand on the street to see his motorcade pass by.

The differences between the two superpowers are as stark as ever. The only country that can compete with the U.S. nuclear arsenal, Russia has long harbored a paranoia about, and rivalry with, the United States. It resents U.S. democracy assistance as efforts to back the opposition and longs to restore Stalin's "empire" from Germany to Japan.

"Russia is a friend but also a potential enemy," says Blair Ruble, a Russia expert at the Woodrow Wilson International Center for Scholars in Washington. "Russia has to define how it wants to fit into the world.

"It ranges from bellicose hostility toward the U.S. to helping the U.S. on Afghanistan and other issues."

Police and Protests. Understanding Russia means understanding how its people view world history. Two days after Putin's inauguration, the nation commemorated the 1945 surrender of Nazi Germany as a Russian victory. An estimated 9 million Russian and other Soviet troops were killed in World War II, along with 10 million civilians. Of the German military's roughly 5 million dead, nearly 80 percent were on the Eastern Front.

This accounting lies deep in the memory of Russia's 143 million people, who resent that their nation has become a second-rate power hobbled by corruption and oligarchy. Dissent is being crushed as the promise of democracy withers.

For instance, the night before Putin's inauguration, rows of uniformed riot police waded into 20,000 people who dared call the election undemocratic – a sign that Putin intends to crack down even harder on dissent.

Putin, 59, served the constitutional limit of two presidential terms from 2000 to 2008. Then he stepped aside to allow his protégé, Dmitry Medvedev, to become president while Putin ran the show from the sidelines as prime minister. In 2012, he argued that as long as his terms in office are not consecutive he could run for president again. He won close to 70 percent of the vote and named Medvedev his prime minister.

On this night, the anti-Putin protesters were mostly middle-class professionals who wore white shirts or white ribbons. On international broadcasts, I saw police push demonstrators toward waiting buses. One man stared out from the melee until a gloved fist hit him square in the face, his head whipped back and he went down.

Another man in a white shirt was seen guiding police toward individual demonstrators – apparently a provocateur who had pretended to join the protest to identify its leaders.

Critics say voting lists were manipulated to give Putin a victory, but admit that he probably would have won anyway because many Russians are afraid of chaos – and believe that only a strongman like Putin can control the country.

With television, newspapers and radio almost entirely owned by the government, most Russians are without independent or objective media. Opposition leaders rarely get a chance to speak to the public. Persistent critics have been eliminated in Soviet style: journalist Anna Politkovskaya was shot dead in 2006, lawyer Sergei Magnitsky died in prison in 2009, and opposition oil magnate Mikhail Khodorkovsky remains in jail.

Sources told me that Putin's security forces identify emerging critics and opposition leaders early, before the public even knows about them, and apply pressure. They are either paid off or threatened to shut up and get out of politics.

When I tried to get a glimpse of the Victory Day parade, I could not get out of the subway station. Both exits were blocked by metal gates and hundreds of riot police. I had to take the subway to another stop.

Near the Bolshoi Theatre I saw dozens of camouflage-painted army trucks with six-wheel drive and huge knobby tires. As I passed, I quickly glanced into the backs and saw each one filled with riot police wearing face shields and holding batons.

After the parade, which people could only see on TV, these trucks drove past me as they left the city center. Water-cannon trucks, buses loaded with police and armored vans also made a massive show of force. Protesters who had not been arrested started flash mobs, sit-ins, walk-ins and park-ins. To stop them, troops in gray capes patrolled the parks in the intermittent rain.

One opposition journalist told reporters he was dragged from a cafe by police who deliberately broke his fingers. Interior ministry officials said that the young men rounded up in the protests were to be taken directly to military induction centers to be drafted.

"This is a police state," a local resident told me. I was starting to get it.

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BBB ACCREDITED BUSINESS

A Taste of Prosperity. Despite the lack of free press, managed elections and a sense that one is in a country ruled by thugs, many Russians I met seemed content. Dmitri, a writer, told me that personal income has risen 700 percent, largely due to high oil prices and exports.

In St. Petersburg, four hours from Moscow by bullet train, shops are packed with people enjoying a prosperity their parents never knew during the Cold War. They remember the chaos of the early 1990s, when Boris Yeltsin was president and the Russian currency collapsed, factories closed and the Soviet Union shattered into 15 independent states.

Today, while oligarchs dine in posh restaurants and hotels, even the ordinary folk on the subway appear well-dressed and motivated. And it's all paid for by oil. In recent years, Russia has passed Saudi Arabia as the No. 1 oil exporter and makes additional billions selling gas to Western Europe.

But the feeling of prosperity is undermined by constant corruption, fear of crime or the police, the flaunted excesses of the elites, and a claustrophobic nationalism whipped up by the government-controlled press. In addition, for centuries Eastern Orthodox Russia has felt itself surrounded by hostile neighbors: Catholics, Germans, Muslims and the Chinese. It traditionally blames its own backwardness on these border threats.

Polls show that Russians blame Mikhail Gorbachev for allowing the satellite nations such as Poland, Czechoslovakia, East Germany, Hungary and Bulgaria to leave the Soviet bloc by 1991, and for then letting go of the Soviet republics such as the Baltics, Ukraine, Azerbaijan, Georgia, Kazakhstan and Tajikistan.

And they fault U.S. economic advisers for the "shock therapy" theory in the 1990s that led to the privatization of state industries and economic and industrial collapse, leaving millions of Russians without jobs or income.

"During the Yeltsin presidency, hundreds of U.S. advisers told Russia to let plants and factories close," said Dmitri as we sat in a coffee shop in St. Petersburg, munching on croissants.

"Some blame the emergence of a mafia economy on the U.S., which urged the government to privatize all firms and services," he continued.

Well-placed communist leaders ended up in control of many industries and were forced to bend the knee to Putin once he took power in 2000. These businessmen then bought up all independent TV stations and newspapers, conforming them to the Kremlin's point of view.

Russian riot police disperse protesters in downtown Moscow on May 6, 2012. More than 400 people were arrested after trying to split off from the approved protest venue to demonstrate outside the Kremlin on the eve of Vladimir Putin's inauguration as president. Corbis

Vestiges of the Empire. A restored Russia-led empire seems a pipe dream just now. Putin held talks with Belarus and Kazakhstan about free trade but other former Soviet states declined to join, leaving a pact that is a far cry from a revival of the old Soviet Union. And Russia has troubled relations with its former republics: the Baltics are fiercely independent, Russia fought a brief war with Georgia, Islamist guerrillas are fighting in Chechnya and setting bombs across Russia, and Central Asian nations such as Tajikistan find their citizens facing prejudice inside Russia and beatings by racist Russian youths.

In polling by the Levada Center, funded in part by the National Endowment for Democracy, 78 percent of Russians said they want to see the restoration of the Russian empire. Asked who could be a substantial threat to Russia, 54 percent said the United States.

These views help explain why the Russian government recently banned U.S. adoptions of Russian orphans, of which a handful have ended in abuse and death. One child was sent home alone on a plane by his adoptive American mother. Although thousands of children have found happy homes in the United States, the issue reinforced Russian suspicions of Americans.

Oddly, despite the collapse of communism, the hammer and sickle, along with the faces of Marx and Engels, remain on police stations and the once and still terrifying Lubyanka prison – home of the internal security services. And in Moscow's former Oktyabrskaya Square stands a statue of Vladimir Lenin, his overcoat seeming to wave eternally in the breeze. Busts of Lenin and Stalin still adorn the magnificent Moscow subway stations.

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"I don't imagine why they keep these symbols around," said Vladimir, a doctoral student at Moscow State University. "It's a joke." He communicates regularly with U.S. scientists, working with them on new projects and research, and sees the United States as a strong ally of Russia.

I wondered if the state-run TV has tried to rewrite history and whitewash accounts of the gulags and other Soviet-era repression. Wrong. It has aired lots of reports with grainy black-and-white footage of the gulags – a way of reminding people that "it's not like the bad old days of terror under the Reds," another Russian told me.

I asked Anna, a university graduate, how the Russian public's attitude has changed toward the United States. "Some think it is not the enemy any more but still does things to sabotage Russia," she said. "After 70 years of communism, this type of thinking will not quickly or easily be ended."

Despite the appearance of prosperity – and the increase in wages in the past decade – many Russians have trouble making ends meet, Anna added. Though she did not support Putin, "I did not see anyone else," she said. "The others running for office did not seem capable or strong."

Putin is now worth $130 billion, making him the richest man in Europe thanks to secret interests in firms selling Russian oil on global markets, according to British newspapers and Al Jazeera. While the press here does not report these ties, people suspect them. The latest polls show Putin's popularity plunging. In part, there is a feeling of stagnation because the same man has ruled for 12 years and could be in power for another 12.

According to Western and Russian officials alike, Russia's major challenges include:

- Diversifying the economy from dependence on oil exports, and investing that money into innovation and new modern industries.
- Allowing the opposition to grow to be a responsible partner in government, and arranging peaceful, open transfer of power to new forces.
- Bridging the growing gap between rich and poor, and redirecting the vast streams of national wealth from oil and gas away from oligarchs and corrupt officials into mainstream society.
- Dealing with the threat from China in eastern Russia's vast unpopulated regions, where natural resources and open land attract immigrants.

Polls show that Russians fear the United States because of the invasions of Iraq and Afghanistan, and they resent NATO's absorption of Poland, the Czech Republic, Slovakia, Hungary, the Baltics and other former Soviet bloc nations.

Putin opposes the U.S. anti-missile system under construction in Central European NATO states, claiming it is aimed at Russia and warning that his country might attack the system's bases.

In September, Putin shut down aid programs by the U.S. Agency for International Development (USAID) because they included democracy initiatives and training for journalists, political leaders, nongovernment organizations and lawyers. Ruble says the Russian elite see these groups as weakening the state. "There is an inability to change the way the state runs," he says.

In October, Russia canceled its cooperation with the United States under the Cooperative Threat Reduction program, which has already spent billions eliminating 7,600 nuclear weapons and safeguarding nuclear materials.

Following President Barack Obama's re-election in November, Putin's government eased up on its criticism of the West, perhaps grateful that Mitt Romney's hard line toward Russia was off the table, and allowed the U.S. ambassador to be interviewed on national TV. But the pendulum of U.S.-Russian relations remains dizzying for diplomats and military planners on both sides.

The Russian elite are distrustful of the population and unwilling to give up their power, says one observer. But the conflict is also about nationalism, the eternal force that has been the root of conflict for much of human history.

What is difficult for outsiders to accept, especially those from democratic countries such as the United States and Europe, is that Russians seem to be comfortable with the strong hand of Putin to rein in what they see as the threatening forces around them: immigrants, neo-Nazis, foreign investors, Asians, Muslims, Chechen terrorists.

Many fondly recall the days when Soviet Russia stretched across half the world, standing up to NATO and sending weapons, advisers, exports and agents to Africa, Cuba, Vietnam and India. They have forgotten the dark days of the Red Terror, the millions in gulags, and the denunciations by one's neighbors that led to torture and prison.

Perhaps the conclusion to draw from examining Russia today is to know that the nation craves respect. And its people, even when earning more than they ever did, will always grumble. It's a sign that the national character remains healthy.

John Stone (a pseudonym) has written hundreds of articles for U.S. newspapers and other publications. The names of his Russian sources have been changed for their protection.

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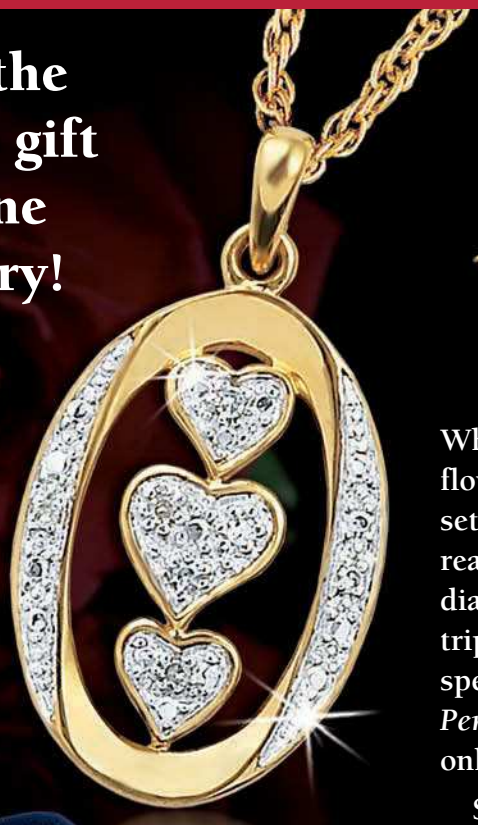

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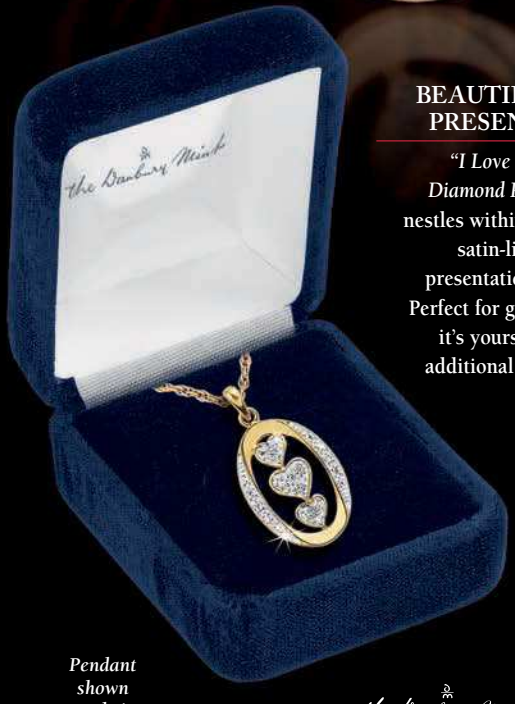

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VIETNAM WAR 50th Anniversary

THE AIR WAR IN VIETNAM

Built for jet-powered nuclear retaliation, Air Force and Navy aviation underwent an extreme makeover and emerged far better equipped to fight from the skies.

BY KEN OLSEN

Built for Jet Age nuclear retaliation against superpowers, the U.S. Air Force had a problem when it was called upon to fight a conventional war against tenacious jungle insurgents.

"We had the wrong airplanes, the wrong weapons and the wrong training for that kind of war," says retired fighter pilot Dick Anderegg, who flew 170 combat missions in Vietnam and recently retired as director of the U.S. Air Force History and Museums Program. "That was a burden that was difficult to work around."

The air war faced other challenges. The on-again/off-again bombing strategy of President Lyndon Johnson's administration did more to enhance North Vietnam's defenses than it did to dampen the enemy's resolve. Commanders were reluctant to shift B-52 bombers from nuclear deterrence to attacking North Vietnam. And controversy over the bombing of North Vietnam and Cambodia fueled the protest movement at home.

Vietnam also marked the end of an aviation era. It was the last time the United States sent significant numbers of propeller-driven aircraft into combat, from fighters such as the A-1 Skyraider to forward air control planes like the O-1 Bird Dog and flying boats like the Navy's SP-5B Marlin.

Ultimately, the Air Force and Navy adapted to the demands of the day. Abandoned production plants were resurrected. Training was revamped. Jet pilots found themselves flying single-engine

Cessnas at 100 mph, training planes served as fighter-bombers and transport planes were turned into gunships, as Air Force historian Richard H. Kohn wrote in the forward to "The War in South Vietnam: The Years of the Offensive 1965-1968."

The Air Force and Navy also emerged from the Vietnam era armed with first-generation smart bombs, better aircraft and a renewed appreciation for aerial combat training, says Hill Goodspeed, historian for the National Naval Aviation Museum.

"It was a complete makeover," Anderegg adds. "A shift from a massive retaliatory nuclear force to a force able to operate across the entire spectrum." That makeover ultimately led to overwhelming U.S. aerial success in the first Gulf War.

Operation Rolling Thunder. The Air Force and Navy flew missions in Southeast Asia well before the United States committed large numbers of ground troops to the war. C-47 transports ferried U.S. military advisers and supplies around South Vietnam beginning in the mid-1950s. C-123 Provider transport planes were charged with spraying Agent Orange in 1962. And Lt. Charles Klusmann was the first naval aviator shot down while flying a reconnaissance mission over Laos in June 1964.

Operation Rolling Thunder launched one of the first high-profile air campaigns against North Vietnam. Crafted by Johnson and Defense Secretary Robert McNamara, the bombing effort was stopped several times to induce North Vietnam to abandon its war against the South. Instead, the North Vietnamese used the intermissions to strengthen its anti-aircraft defenses and move additional supplies into South Vietnam.

Meanwhile, the Air Force and Navy were prohibited from striking North Vietnam's air bases, key ports such as Haiphong Harbor, and many power plants and industrial sites for fear of civilian casualties or inadvertent bombing of Soviet and Chinese boats.

In the end, Rolling Thunder cost the Air Force 531 airplanes, and 547 airmen were killed, captured or went missing, according to Bernard C. Nalty's "An Uncommon War: The U.S. Air Force in Southeast Asia."

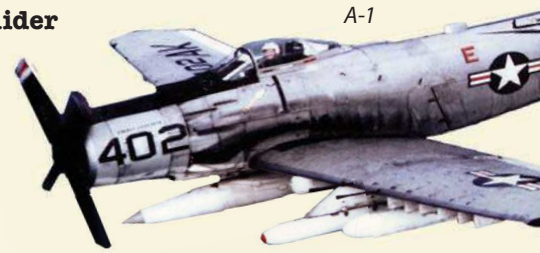
The campaign also failed to dissuade North Vietnam. "It's difficult when you are fighting with one hand tied behind your back," Anderegg says.

In South Vietnam, meanwhile, Air Force and Marine fighters flew close air-support missions. Forward air controllers in small single-engine

Everything from massive bombers to helicopters and flying boats had a role in the air war in Vietnam. Here are a few of the standouts:

Fixed-wing aircraft

A-1 Skyraider



A-1

The A-1 Skyraider was well suited to counter-insurgency because it carried lots of bombs, had great fuel range, flew low and slow, and could absorb considerable battle damage and still make it home. And there was an ample supply mothballed in Arizona. Vietnam was the last war in which the United States used such propeller-driven fighters.

A-4 The Navy lost more A-4 Skyhawks than any other aircraft because it was so widely used on the front lines. This jet-powered strike airplane, which gradually replaced the A-1, was also used by the Marine Corps.

A-6 This all-weather attack airplane made its debut with the Navy during the Vietnam War. Its advanced radar and electronics allowed it to dodge surface-to-air missiles and conduct solo raids. Along with the A-7 Corsair, it dropped mines into the approach to Haiphong Harbor in 1972.

A-7 Introduced as a carrier-based attack airplane during Vietnam, the A-7 Corsair helped mine Haiphong Harbor in 1972 as President Richard Nixon increased the pressure on North Vietnam to come back to the bargaining table.

A-7

AH-1

The chopper war

Helicopters proved their worth under fire in Southeast Asia.

Helicopters transformed combat in Vietnam.

Not only was Vietnam the first war in which the Army and Marines deployed armed helicopters, but bigger, faster and more dependable helicopters revolutionized moving troops, evacuating the wounded, commanding the battlefield and conducting search-and-rescue.

Yet the loss of 110 helicopters in Laos late in the war, and improvements in hand-held anti-aircraft weapons, raised questions about future Army use of helicopters that wouldn't be resolved for years, says author and scholar Ed Raines Jr., a former historian at the U.S. Army Center of Military History for 31 years.

Helicopters arrived on the military scene after World War II. The Army first experimented with an armed helicopter in 1946 and ordered troop-transport helicopters when the Korean War broke out. But Air Force jealousies and questions about safety delayed delivery of the Army's helicopters for a year or more, Raines says.

An Army helicopter flew its first combat mission late in the Korean War, taking emergency supplies to isolated elements of the 3rd Infantry Division on March 20, 1953. Three days later, an Army helicopter made its first medical evacuation. A massive troop haul followed in May 1953. That early heli-troop transport required 71 flights and eight hours to move 400 soldiers, using H-19 Chickasaw helicopters.

By the end of the Korean War, the Army had two helicopter squadrons. The Marine Corps, which was not required to purchase its helicopters through the Air Force, had 10 helicopter transport squadrons, each with a rifle regiment.

U.S. helicopters that began arriving in Vietnam in 1961 had better engines, more armor, better fuel range and carried more crew. These choppers were initially armed only with light machine guns. A year later, Army UH-1 Iroquois helicopters had .30-caliber machine guns and 2.75-inch rocket launchers. The AH-1 Cobra, the

Helicopters

AH-1 Cobra Designed as an attack helicopter, the Cobra was tasked to provide close troop support. The Navy's version – the AH-1J Sea Cobra – had two engines and was used for interdiction missions off the coast of North Vietnam.

CH-21 Shawnee Nicknamed the "flying banana," the CH-21 was the most important troop transport aircraft in the early stages of the war. It was used to move South Vietnamese troops.

CH-47 Chinook A workhorse of the Vietnam War, the Chinook hauled cargo, supplies and troops.

UH-1

UH-1 Iroquois Known affectionately as the Huey, this ubiquitous aircraft was used for troop transport, resupply, medical evacuations and reconnaissance. When equipped with machine guns and rockets, they were some of the Army's first armed helicopters. The Marine Corps also used a light attack version to support riverine forces in South Vietnam.

OH-6A Cayuse Used for observation, identifying targets, reconnaissance and battlefield command.

OH-58A Kiowa Used for observation, reconnaissance, identifying targets and battlefield command. Updated versions are still used by the Army.

Fixed-wing aircraft

U-6 Beaver Hauled light cargo and some troops.

CV-2 Caribou Built to haul cargo and passengers, the Caribou was particularly useful in resupplying Special Forces bases with small dirt air strips. Transferred to the Air Force as part of the Johnson-McConnell agreement of 1966.

OV-1 Mohawk The versatile Mohawk was used for photo reconnaissance, electronic surveillance using side-looking radar and infrared reconnaissance of the Ho Chi Minh Trail.

Sources: U.S. Army Center of Military History, National Naval Aviation Museum

A UH-1 "Huey" helicopter hovers above Vietnamese Air Force personnel of the 211th Helicopter Squadron during a combat assault mission in the Mekong Delta in July 1970. U.S. Air Force photo

Army's first true attack helicopter, also joined combat. These helicopter units were able to provide even closer air support than the Air Force.

Helicopters proved their worth under fire in Southeast Asia. Successes included the 1965 Ia Drang Valley campaign, the relief of Khe Sanh in 1968, and moving the 1st Cavalry Division from northern South Vietnam to the Saigon area during Operation Liberty Canyon in the fall of 1968.

The Marine Corps, meanwhile, deployed its first designated helicopter attack squadrons in Vietnam, says Hill Goodspeed, historian for the National Naval Aviation Museum. Introduced in the early 1970s, the HMA-369 squadron flew interdiction missions off the coast of North Vietnam using AH-1J Sea Cobras. The Navy's Seawolves used UH-1 and Huey HH-1K helicopters armed with machine guns and rockets to support its riverine forces in South Vietnam.

Search-and-rescue missions using helicopters, pioneered in Korea, expanded during the Vietnam War, Goodspeed says.

Helicopters made an even more remarkable difference in medical evacuations in Vietnam. In Korea, almost all Army casualties were carried in litters strapped to the outside of helicopters. Bigger, better helicopters meant that Vietnam casualties were carried inside the helicopter and received in-flight medical care from a corpsman, Raines says.

At the peak of combat in 1968, 116 Army air ambulances were performing medical evacuation flights. They often meant the difference between life and death, Maj. Gen. Spurgeon Neel Jr., chief of the aviation branch within the Office of the Surgeon General, reported after the war.

"The most seriously wounded usually reached a hospital within one to two hours after they were injured," Neel said. More than 97 percent of the wounded who made it to a medical facility survived.

In May 1972, UH-1C Huey gunships armed with new TOW missile systems brought a whole new dimension to the Army's use of helicopter air power in combat. Two UH-1Cs knocked out eight of the 10 North Vietnamese tanks that broke through South Vietnamese defenses during the siege of Kontum. Overall, the two Hueys were credited with knocking out 24 North Vietnamese tanks during a two-month tour, Raines says.

This success, however, was overshadowed by the loss of 110 helicopters during Operation Lam Son 719 in southeastern Laos late in the war. That called into question the ability of helicopters to survive where the enemy had sophisticated air defenses – such as the NATO central front, where the Army focused after Vietnam.

Questions about helicopter survivability were exacerbated by the successful use of hand-held anti-tank and anti-aircraft weapons against Israeli fighter-bombers during the 1973 Yom Kippur War. If Israeli airplanes were vulnerable to this new generation of hand-held, wire-guided weapons, Army strategists could only imagine what would happen to helicopters.

Still, Army aviation pioneer Lt. Gen. John J. Tolson concluded that the most important lesson the Army learned from the Vietnam War was that helicopters and the air mobility they provided are here to stay. Despite doubts about survivability, Tolson was right. Better helicopters with better weapons and tactics were eventually developed. Black Hawk helicopters first saw action in Grenada in 1983. The Apache helicopter joined the Army in 1986 and first saw combat in Panama. By the late 1980s, each Army infantry division had enough helicopters to move an entire battalion, and at least one company of attack helicopters.

Flying under radar control with a B-66 destroyer, Air Force F-105 Thunderchief pilots bomb a military target through low clouds over the southern panhandle of North Vietnam in June 1966.

Photo by Air Force Lt. Col. Cecil J. Poss

airplanes provided the link between the troops on the ground and the A-1s, F-4s and other fighter-bombers in the air. "We were turning into an all-jet Air Force but still having trouble finding targets," Anderegg says.

Anderegg arrived in Vietnam the day Neil Armstrong walked on the moon in 1969 and left on Memorial Day 1970. Flying F-4s out of Udorn Royal Thai Air Force Base, he hunted North Vietnamese supply trucks along a portion of the Ho Chi Minh Trail that ran through Laos. Across Vietnam, other Air Force and Navy pilots joined the fight with myriad aircraft, from the B-57 to the F-111. KC-135 tankers were integral to keeping this fleet aloft, particularly over North Vietnam.

The Navy formed special aerial units to support its riverine forces in South Vietnam. The VAL-4 "Black Ponies" flew OV-10 Broncos. The HA(L)-3 "Seawolves" flew UH-1 and HH-1K light attack helicopters and became one of the more highly decorated squadrons in South Vietnam.

Navy flying boats and land-based airplanes patrolled the shipping lanes off South Vietnam. AP-2H Neptune submarine hunters briefly dropped listening devices along the Ho Chi Minh Trail.

B-52

B-52 The "Stratofortress," built to deliver the U.S. nuclear response to the Soviet Union, was retooled to drop large loads of conventional bombs on North Vietnam. It was used in Operation Rolling Thunder, Operation Linebacker and other high-intensity campaigns.

C-47 A star in World War II and the Berlin Airlift, the C-47 Skytrain first ferried U.S. military advisers and supplies in and out of jungle airstrips in Vietnam in the mid-1950s, when MAAG-Vietnam was established. It was used in a heroic rescue of wounded South Vietnamese soldiers in 1963.

C-123 Known as "The Provider," the C-123 was used to spray Agent Orange across Vietnam when the Air Force launched Operation Ranch Hand in 1962. It also transported troops and cargo in Southeast Asia. A model with jet engines was developed and introduced during the Vietnam War.

C-130 The C-130 Hercules was a workhorse of the Vietnam War, capable of carrying substantial loads of troops and equipment. This airframe was also used to build the AC-130 Spectre gunship, equipped with machine guns and cannons that were used in ground assaults.

C-141 Introduced during the Vietnam War, the C-141 Starlifter brought jet-powered capability to the Air Force's transport fleet.

F-4

F-4 Built as a high-altitude interceptor for the Navy, the F-4 Phantom was adopted by the Air Force and Marines in Vietnam. It proved its worth as a fighter-bomber, MiG-killer in air-to-air combat and reconnaissance aircraft, and had a significant role in supporting ground troops.

F-8 Various versions of the carrier-based F-8 were used as fighters and photo reconnaissance aircraft. Navy Lt. Charles F. Klusmann was shot down by communist forces while flying an RF-8A on a reconnaissance mission over Laos. He was captured June 6, 1964, and escaped from his captors Aug. 31.

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F-100

F-100 Capable of supersonic flight, the F-100 was used as a fighter/bomber to provide close air support. Early in the war, the F-100 and the F-105 teamed up for strikes against North Vietnamese anti-aircraft sites. The F-100s focused on the radar sites while the F-105s went after surface-to-air missiles. A version of the F-100 also was used as a "fast" forward air controller.

F-105 First launched in 1955, the F-105 Thunderchief became one of the Air Force's primary fighter-bombers and was used in both South and North Vietnam.

KC-135 Much of the air war over North Vietnam would not have been possible without the jet-powered KC-135 Stratotankers, which refueled everything from B-52s to the F-4s that patrolled the Ho Chi Minh Trail.

O-1 Bird Dog One of the smallest aircraft deployed in Vietnam, the single-engine Cessna was used by the Air Force and the Army to find targets, direct fire and assess the damage done to the enemy.

O-2 The O-2 Skymaster, sometimes called a push-pull, had one engine in the nose and one in the rear of the airplane. It was also used for observation and reconnaissance beginning in 1967.

OV-10

OV-10 Bronco This twin-engine observation airplane made its combat debut in 1968. It was used by the Air Force, Army, Navy and Marines in various roles, including supporting ground troops and Navy river forces.

SP-5B Marlin The last flying boat used by the Navy, the Marlin patrolled the coast of Vietnam, looking for vessels smuggling weapons and supplies to communist insurgents as part of Operation Market Time.

P-2 Neptune An anti-submarine airplane, the P-2 Neptune patrolled the coast of Vietnam and briefly dropped listening devices along the Ho Chi Minh Trail.

Helicopters / Air Force

HH-3 Known as the "Jolly Green Giant," this armored helicopter could refuel in flight, and had a special hoist and other equipment that made it well-suited for search and rescue missions.

Sources: U.S. Air Force History and Museums, National Naval Aviation Museum

Operation Linebacker. President Richard Nixon unleashed U.S. air power in 1972 with a pair of bombing campaigns called Operation Linebacker I and II. The Navy's new A-6 dropped laser-guided bombs on power plants and industrial sites, and A-6s and A-7s mined Haiphong Harbor. Waves of B-52s bombarded Hanoi and other parts of North Vietnam previously off-limits. By early 1973, North Vietnam agreed to end the war and return American POWs.

"When the nation decided they were going to employ air power without so many restrictions to bring North Vietnam into submission, we did it in about five months," Anderegg says. "It was a pretty good demonstration of what air power can do when properly applied."

And a critical lesson regarding the perils of restricted bombing campaigns. "There was a generation of junior officers who served in Vietnam who then were commanders in Desert Storm," Goodspeed says. "They had an appreciation for how an air war shouldn't be run."

The Air Force and Navy also made significant technological strides during Vietnam. Three new models of the F-4 were introduced during seven years of aerial combat, each better than the previous version, Anderegg says. Three different laser-guided bomb improvements were introduced in a three-year period.

The Navy A-6 made its combat debut during Vietnam. The all-weather attack airplane carried a heavy load, could strike at night and was used with great success during the first Gulf War, Goodspeed says. There are several examples of these aircraft making single-plane raids on targets in North Vietnam, using radar to dodge surface to air missiles.

Both branches also came away from Vietnam with the realization that jet pilots had to be experts in air-to-air combat. That prompted the creation of schools devoted to the discipline, Goodspeed says.

"The results speak for themselves," Anderegg says. "We had 35 kills and no losses in the Gulf War. No Air Force fighter received a scratch from an Iraqi fighter."

Ken Olsen is a frequent contributor to The American Legion Magazine.

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The Lonely Path

Try as our presidents might, there's no such thing as a 'Goldilocks' foreign policy in a post-Cold War world.

BY ALAN W. DOWD

Nine U.S. presidents served during the Cold War. They were Democrats and Republicans, conservatives and liberals, earthy and urbane, rich and poor, old and young. Some were Ivy Leaguers, but one didn't even have a college degree. There was a world-famous general, some bona fide war heroes and one whose military service never took him overseas. Yet for four decades, this diverse group of men followed the same roadmap to guide U.S. foreign policy and ultimately win the Cold War.

In the two decades since the end of that long struggle, three presidents have taken three different paths on the world stage. And yet the world has reacted in largely the same manner to each: with disappointment. There's a lesson in that.

STANDING BACK. "Together with our friends and allies," Bill Clinton declared in his first inaugural, "we will work to shape change." That hint of deference foreshadowed what was to come: a presidency seeking the path of least resistance.

Clinton's supporters look upon the resulting picture and marvel at his capacity to steer clear of the problems that weighed on his successors. Yet to his detractors, the same Rorschach inkblots look like a game of kick-the-can that allowed problems to metastasize.

For example, although Clinton began what he called "our battle against terrorism" after the 1998 embassy bombings, it was largely rhetorical. As 9/11 Commissioner Bob Kerrey, a fellow Democrat, said of the missed opportunities to cripple al-Qaida in the late 1990s, "We had a round in our chamber, and we didn't use it."

However, Clinton deserves some forbearance. The United States was drifting into uncharted waters in the 1990s. After decades of a national security strategy premised on deterrence, reorienting U.S. national security – especially absent a cataclysm like 9/11 – was no easy task.

Even so, criticism of Clinton's path-of-least-resistance approach – what some panned as "reflexive pullback" – is not without merit. After all, he withdrew U.S. forces when they encountered resistance in Mogadishu, Somalia and Port-au-Prince, Haiti; offered carrots but no sticks when North Korea threatened to go nuclear; and deferred to Europe and the United Nations as they flailed about trying to end the bloodletting in Bosnia.

Clinton's reticence invited encroachment upon America's leadership role. France's Jacques Chirac, for instance, suggested during the Bosnia debacle that "the position of leader of the free world is vacant."

Corbis

During NATO's air war in Kosovo, *The Wall Street Journal* labeled Britain's Tony Blair "de facto leader of the alliance."

On the diplomatic front, the path of least resistance translated into going with the flow when it came to international agreements such as the Kyoto Protocol on climate change and the treaty that spawned the International Criminal Court (ICC). Clinton tried to keep the Anti-Ballistic Missile (ABM) Treaty alive, even after signing legislation authorizing deployment of missile defenses, and tried to keep Russia happy even after expanding NATO to Russia's doorstep.

But some differences cannot be reconciled, even by a gifted dealmaker.

STANDING UP. George W. Bush, on the other hand, often employed methods and rhetoric that proved irksome to allies and perhaps unnecessarily provocative to enemies. Bush himself concedes, "In retrospect, I could have used a different tone."

His critics agree, railing against his inflexibility and insistence on forcing issues. Yet his supporters praise his tenacity and toughness, courage and candor. Both groups compare him to a cowboy, although one side uses the label as a slur and the other as a compliment.

Whether he was a cowboy or a sheriff, Bush seemingly chose the path of most resistance, especially when it came to treaties. He could have let the ICC treaty die quietly. Instead, he expunged America's name from it. He could have let the world believe that America's signature on Kyoto meant the United States supported it. Instead, he withdrew from it. He could have kept the ABM treaty on life support. Instead, he abrogated it.

Of course, Bush's defenders would argue that 9/11 changed everything, especially America's approach to national security. In other words, as with Clinton, some forbearance is in order.

Still, leaders in Europe and Russia bristled at Bush's black-and-white world, in which, he said, "Every nation ... now has a decision to make: Either you are with us, or you are with the terrorists." U.N. advocates were bothered by his declaration that "America will never seek a permission slip to defend the security of our country."

As for enemies, countries sentenced to Bush's "axis of evil" had little reason to seek absolution. So Iraq continued to game the United Nations, while Iran and North Korea raced to deploy nukes – and thus deter a war of regime change.

If Clinton's approach was minimalist, Bush's was maximalist. Instead of simply containing Saddam Hussein, Bush decided to oust him. Instead of simply ousting the dictator, he decided to democratize Iraq. And instead of simply democratizing Iraq, he proposed "ending tyranny in our world."

That's a worthy and noble goal. But in a world pockmarked with tyrants, it guarantees resistance.

STANDING OFF. Barack Obama has displayed an unexpected mix of his predecessors' foreign policies – at times unilateral (as with the strike on Osama bin Laden and the drone war), at other times eager to "lead from behind" (as with Libya and Syria).

"Leading from behind" is the term coined by one of Obama's aides to describe his approach to foreign policy. What the White House has learned since floating this unfortunate phrase is that no one likes a backseat driver.

For example, when NATO intervened in Libya, the allies expected – and deserved – help from the United States. What they got was Obama's insistence that America would play only a "supporting role," and a stunning declaration at one point during the operation that access to the full complement of U.S. air power "expires on Monday."

The French and British were disappointed with Washington's halfhearted involvement. As then-French President Nicolas Sarkozy bluntly observed, "I wouldn't say that the bulk of the work in Libya is being done by our American friends. The French and English ... are doing the work." That was a first – and not a welcome one for NATO.

France and Britain weren't the only ones frustrated by Obama's approach. The Russians and Chinese felt that they had been hoodwinked by the resolution Washington helped shepherd through the U.N. Security Council, claiming it didn't authorize NATO's war of regime change.

And in response to Obama's "Russia reset," Vladimir Putin announced plans to deploy 2,300 new tanks, 600 new warplanes and 400 new ICBMs; launched Russia's largest nuclear war games since the Soviet era; withdrew from the Nunn-Lugar nuclear reduction program; and blocked U.N. action in Syria.

Obama proposed "spheres of cooperation" for Beijing and Washington. In response, China bullied its South China Sea neighbors, launched countless cyberattacks against U.S. targets, boosted defense spending by double digits annually, and retooled its military to challenge the U.S. Navy.

In his first inaugural speech, Obama promised the likes of Iran and North Korea to "extend a hand if you are willing to unclench your fist."

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Tehran answered by bankrolling attacks on U.S. troops in Afghanistan and Iraq, crushing a popular revolt, racing ahead with an outlaw nuclear weapons program and threatening to close the Strait of Hormuz. Similarly, Pyongyang detonated a nuclear weapon, test-fired long-range missiles, sank a South Korean ship and shelled a South Korean island.

Noting that "I've lived in a Muslim country," Obama promised that "the day I'm inaugurated ... the Muslim world will have confidence that I am listening to them."

Yet a Pew poll reveals that just 15 percent of the Muslim world approves of Obama's policies. Egyptians are angry that Obama didn't do enough to push Hosni Mubarak out of power, while Saudis are angry that he did too much (while Israelis and Americans are angry that post-Mubarak Egypt is starting to look like post-Shah Iran).

Neither Obama's biography nor his standoff foreign policy prevented Libyan terrorists from carrying out deadly attacks against U.S. embassy officials, or persuaded Syria's dictator to cede power, or persuaded Pakistan's government to capture bin Laden.

In fact, Pakistanis regularly burn Obama in effigy. Beyond the dysfunction of Pakistan's politics, this is a function of the U.S. drone war, which is deeply unpopular overseas. "In 17 of 20 countries," Pew reports, "more than half disapprove of U.S. drone attacks targeting extremist leaders and groups in nations such as Pakistan, Yemen and Somalia." According to Pew, the drone war feeds "a widespread perception that the U.S. acts unilaterally and does not consider the interests of other countries."

Put another way, the drone war has reinforced the very image Obama promised to erase.

THE LESSON. This speaks to the broader point. No matter the president's rhetorical style or geopolitical approach, the post-Cold War world is bound be disappointed with U.S. foreign policy, which isn't to suggest that Washington shouldn't care about how the world reacts. As Thomas Jefferson wrote in the Declaration of Independence, Americans should pay "decent respect to the opinions of mankind." However, this Clinton-Bush-Obama comparison reminds us that there is no "Goldilocks" foreign policy.

Clinton tried to work through the United Nations, pay countries to stay out of the nuclear club, and contain Iraq with no-fly zones, U.N. inspectors and Saudi bases. He promised "constructive engagement" with Beijing and offered Russia a privileged place inside NATO. Intent on avoiding another Somalia, he stayed out of Bosnia for three years and steered clear of Rwanda. The results: a backlash against U.S. acquiescence, al-Qaida's guerrilla war against America, Saddam's flouting of U.N. resolutions, Iran and North Korea scrambling to go nuclear, Pakistan and India crashing the nuclear club, Beijing stealing massive amounts of nuclear weapons technology, Moscow deploying troops to Kosovo and nearly triggering what one NATO commander called "World War III," concentration camps in Europe, genocide in Africa and the world again saying, "Never again."

Bush sidestepped the United Nations and built coalitions of the willing to topple terrorist regimes. Intent on preventing another 9/11, he launched a preventive war based on fears that Baghdad would use, or lose, its WMDs. He made no deals with North Korea or Iran, isolated Syria and other rogues, pointedly called Beijing a "strategic competitor" and pursued a "constructive relationship" with Moscow. The results: a backlash against U.S. assertiveness, a brutal civil war in Iraq that yielded no WMDs, a bloody nation-building mission in Afghanistan, Iran's guerrilla war against America, nuclear tests in North Korea, China's takedown of a U.S. Navy plane in international airspace and Russia's invasion of NATO-aspirant Georgia.

Obama offered an outstretched hand to rogues, toured Muslim capitals to reboot U.S. foreign policy, downplayed democratization, ended the postwar war in Iraq, launched a remote-control war in Yemen and Pakistan, handed NATO's controls over to Britain and France, and, intent on avoiding another Iraq, stayed out of Syria. The result: a backlash against U.S. aloofness, a brutal civil war in Syria that resembles Bosnia, the threat that Damascus might use or lose its WMDs, the rise of Islamists in Egypt and the spread of jihadist groups in North Africa, more nuclear tests in North Korea, more bloodshed in Afghanistan, more Iranian mischief and more Iranian centrifuges.

The lesson is that no president, no matter how flexible or firm his foreign policy, can please every ally or placate every foe. The path of global leadership is always a lonely one, which points the way toward an elegantly simple way for presidents to craft and conduct foreign policy: Do what's in America's best interests.

Alan W. Dowd is a contributing editor for The American Legion Magazine.

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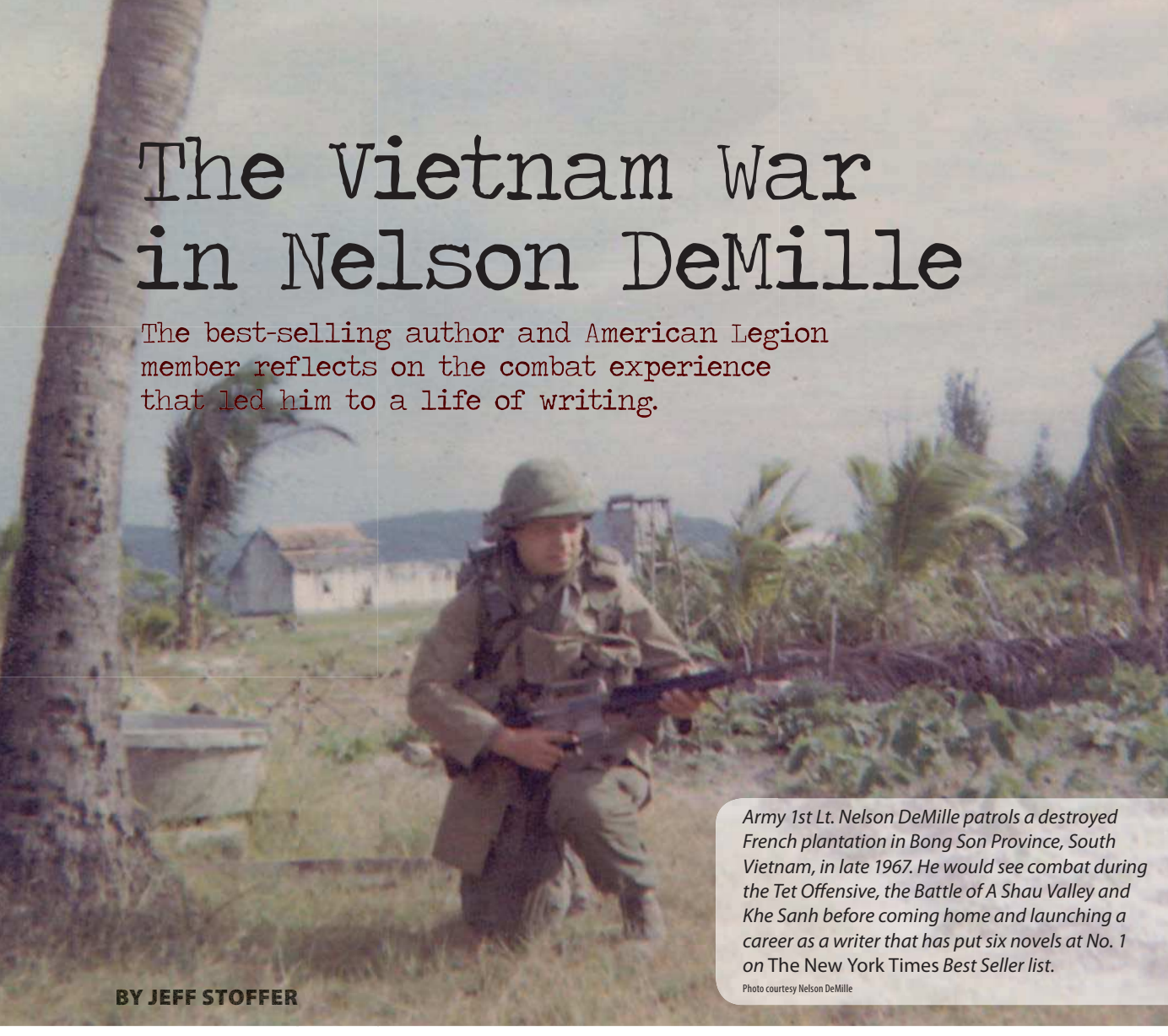
The Vietnam War in Nelson DeMille

The best-selling author and American Legion member reflects on the combat experience that led him to a life of writing.



Army 1st Lt. Nelson DeMille patrols a destroyed French plantation in Bong Son Province, South Vietnam, in late 1967. He would see combat during the Tet Offensive, the Battle of A Shau Valley and Khe Sanh before coming home and launching a career as a writer that has put six novels at No. 1 on The New York Times *Best Seller list.*

Photo courtesy Nelson DeMille

BY JEFF STOFFER

Nelson DeMille could hang honorary degrees and literary awards on the walls of his office. There have been many. Having sold nearly 50 million books in a 35-year writing career – two of which were made into movies – he could easily hang fan letters, contracts and royalty checks on his walls if he so desired. He does not so desire. What hangs on the walls of his daily area of operation instead are memories of his areas of operation as a young combat officer in the Vietnam War.

DeMille, a 27-year Paid Up for Life member of The American Legion, was a U.S. Army first lieutenant attached to the 1st Cavalry Division and served in Southeast Asia from late 1967 through late 1968. He was there during the Tet Offensive, Khe Sanh and a deadly battle to control the A Shau Valley, a critical branch of the Ho Chi Minh Trail.

On DeMille's walls are photos of the guys with whom he served. There's a panoramic black-and-white shot of his basic-training class from Fort Gordon, Ga. His Bronze Star and Air Medal citations are there, too, as are his framed discharge papers. Propped on the head of a mannequin in one corner of the office is his combat helmet with an ace of spades and a pack of Camels. The shelves of his library are filled with old Army field manuals, officers guides and military maps.

His most recent novel, "The Panther," debuted at No. 1 on *The New York Times*' best-seller list last October. The book is set in Yemen and features two of DeMille's recurring characters, John Corey and Paul Brenner, who pursue a fictional terrorist connected to the October 2000 attack on USS *Cole*. The war on terrorism serves as the backdrop for this, DeMille's 17th novel, as he now works on his 18th. But the war that never completely left his consciousness is the one in

which he himself fought. The Vietnam War is frequently woven into his mystery-thriller page-turners and was the tapestry behind "Up Country," a 2002 novel inspired by a trip he made back to Southeast Asia in 1997. After a slow start, "Up Country" has become his second-best seller and is now in development by Paramount Pictures.

The author recently spoke with *The American Legion Magazine*.

How did your upbringing lead you to service in the U.S. Army?

My father was Canadian, and he served in the Canadian militia before World War II. Then he came to the United States and wound up in the American Navy in '44. Most of his brothers were in World War II. I remember all of my uncles in uniform. Everybody served.

My father wanted to stay in, but my mother said no. There were younger relatives, in the Korean War. So when Vietnam came around – '66 for me – it seemed natural. When I got my draft notice, my father didn't think much of it. My mother was a little upset. I was drafted in February, but to escape the draft, I enlisted. I wanted to go in under my terms, not their terms.

Your interest in military intelligence – a prominent part of your books – started at that point.

I had enlisted for intelligence school, but I didn't realize that when you accepted the (Officer Candidate School), everything on your little contract with the Army was null and void. I signed up as an enlisted man, but when I became an officer everything changed.

I was a product of James Bond, and everybody else was in those days. I saw myself as an intelligence officer. I was either going to stay in as an intelligence officer or apply to the CIA. Those were my aspirations. I was 23. I wound up as an infantry officer, which was not my first choice. Infantry was not on my list. It wasn't on anybody's list. But I was an infantry officer, and that was it. I trained troops at Fort Benning, where I graduated OCS, and then I got an assignment to Fort Gulick, Canal Zone, for four weeks of jungle training. That was my first clue I wasn't going to Korea or Germany. When I came back from Panama, my orders arrived for Vietnam.

Did you go right into action?

Pretty much. We expected that – as long as it took to get people sorted out. I was at Long Binh, north of Saigon, maybe three or four days waiting for orders. Nobody knew where they were going. You could wind up down in the delta. You could wind up in the DMZ. I wound up with the 1st Cav. All the units were good, but this was a particularly good one, if you don't mind helicopters.

I went to the base camp, Landing Zone English, by helicopter, and from there to cav. The day I was supposed to go out, the company was in contact. Someone came to me and said, "It's not a good time for you to jump in."

My question was, "What happened to the last platoon leader?" He apparently had been wounded.

I could hear the firefight on the radio. It wasn't a major engagement, but they were being shot at. And the wounded were coming back. This wasn't a war movie anymore. This was holy sh*t. The next morning, I went out on a chopper and met everybody.

How did you make that transition?

I had a good platoon sergeant who knew his business. We came to terms right away. I said, "Sergeant, you're running this platoon for the next two or three weeks. I am going to listen and watch."

He said, "It might be longer than that, lieutenant."

I said, "No, two or three weeks."

We got along fine. That was in the Bong Son area, in the south. November and December. After the new year, we did move up to the DMZ, and that's where I stayed the rest of the time. We were not too far from Quang Tri City. The base camp was Landing Zone Betty, which was an old French fort, and then we had another forward base camp, LZ Sharon. Our area of operation was south of the DMZ. North of us were the 3rd Marines. So we had that corridor between Hue, Phu Bai, Quang Tri City, going to Khe Sanh. It was an inhospitable place to be, in terms of everything. Climate – it was almost like a real winter – that January before the Tet Offensive. Temperatures dropped in the night into the 40s and 50s, and we had tropical clothing. It was raining. It was miserable.

When did you see your first serious combat?

It really wasn't until the Tet Offensive, the end of January. Then it really lit up. After that, it was the A Shau Valley where I saw the heaviest combat, more than the Tet Offensive for my unit anyway. Then at Khe Sanh. My heaviest combat was the A Shau Valley. Why? I have no idea. We lost about a third of the company, killed or wounded. It was a bad place, an area heavily controlled by the North Vietnamese regulars.

They had tanks – light amphibious tanks. They came out of the jungle, from nowhere. One of our guys took out one with a light anti-tank weapon. He put a round through the turret, and the other tank backed out. (The enemy) had everything – much better equipment and numbers than usual. They had a lot of numbers.

We had air-assaulted into the valley by helicopter to set up camp. We got shot at from the beginning. Helicopters were going down around me. That was the only time I was frightened in Vietnam, *really frightened*. I wanted to get on the ground. I don't care who is shooting at me on the ground. I don't want to be up in the air. You can't do anything up there.

Did your helicopter get hit at all?

No, but the helicopters around me got hit. We lost four or five helicopters going in. The pilot put it down right away. I don't know if he landed where we were supposed to land, but he got us on the ground as soon as he could, and we fanned out. We were under fire from the beginning. It was like 20 days of almost constant combat. We got shot at almost every day. And for seven *long* days, we were in constant contact.

Why were they so protective of that valley?

We had uncovered a base camp, and there was evidence that there had been American POWs in there. We don't know if it was actually true. There was evidence – American military equipment, and the intelligence people said they were there. So now we were motivated. And there were cages, actual cages, where they definitely kept prisoners, but probably South Vietnamese. We didn't know.

We fought at this base camp, and we fought into the hills. Then we found a second set of cages, abandoned cages, in the jungle. It was kind of an ad hoc POW camp. We never knew if it was Americans because the South Vietnamese soldiers had a lot of our stuff at the time.

And you never found out?

We tried to capture some bad guys to find out if there were Americans there, but we never captured anybody. It was a fight that went on for about seven days, in and around this base camp. Finally, we got jet fighters with napalm. It was a battle. It was a battle in the traditional sense.

Finally they disappeared, like they always did. We couldn't understand why they were hanging in there either. They were taking a beating.

We thought it was some kind of big command headquarters of the North Vietnamese. They had control of the valley since '54 when the French Foreign Legion left. This was now '68. They had been in control of this valley, kind of a remote valley that emptied out into Laos, for 14 years. There were very few Americans in there except long-range patrol guys, maybe Special Forces. This was a whole different kind of thing. It was all overgrown. There were no civilians there at all. It was a war zone. This was where they came into the main part of Vietnam, down the mountains and through the jungles. It was a big (supply) terminal for the Ho Chi Minh Trail. We found tens of thousands of gallons of gasoline in big 55-gallon drums. We found Russian-made trucks. We found anti-aircraft quad .50-caliber machine guns. There was a lot of stuff in the valley. We emptied it out.

This was nearly 50 years ago, and the memory remains vivid for you.

It kind of burns into your mind.

It had to have been surreal.

You had no idea what you were getting into. There was a sense of unreality, in a foreign country, with people shooting at you, with no point of reference anymore. It's hard to believe what you were seeing. Dead bodies on the road and people just passing by them. It's a shock. But if you're 24 years old, and you're an officer, and you're educated, you can deal with it better than some of the 17- and 18-year-old kids could deal with it.

Did the war affect you psychologically?

I didn't have any post-traumatic stress from the war. I did have a lot of sleepless nights for a couple of months. I wouldn't call it post-traumatic stress. It was stress. Decompression. I just wanted to get back into my life. The war was still going on. The war was on TV. I would have nightmares sometimes about the war only because it was still going on. At some point, though, it just stopped.

"Up Country" was the product of a trip you made back to Vietnam in 1997. What did you find on that trip?

In 1997, things were coming back. The railroad wasn't back yet. Now it is, I understand.

Highway 1 was fragmented. Bridges that were blown were back by '97, but Highway 1 was still in bad shape. This is like 20 years (after the war). If nothing else, the commies are supposed to be efficient to get this kind of thing done. Twenty years had gone by. The place was still in bad shape. I was surprised. The infrastructure still wasn't there.

It was like you were still in a war-torn country as soon as you left Saigon. Nothing worked right.

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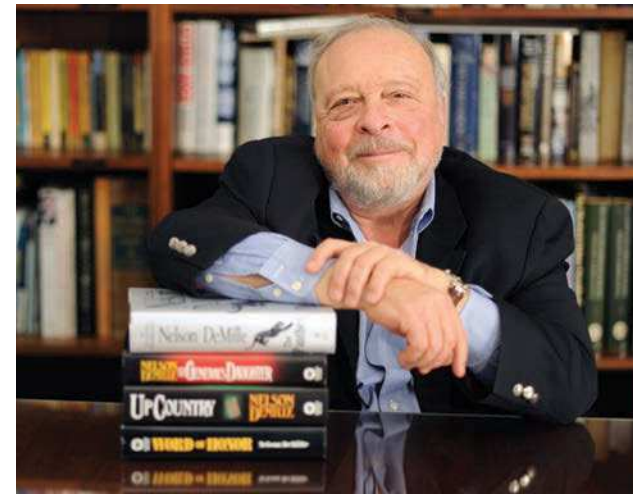

In 2010, Nelson DeMille was at a book-signing event in Florida when he was surprised by a group of men he led during the Vietnam War. They presented him with an inscribed sword (above), a treasured memento among the author's collection of military papers, books and artifacts. The library in his office (right) is filled with military books, manuals and maps.

Photos by Amy C. Elliott

Electricity was spotty. There were still the 2,000-pound-bomb craters all over the place. It takes a while to fill them in, but if you have a bulldozer it takes a couple of days. But these craters were still there, making the fields unusable basically, for rice anyway. They still hadn't gotten around to getting this country back.

"Up Country" stewed in your mind for a while after you got back. Why?

If you're writing a very literary book, you don't need anything more than a man returning, the way William Manchester did in "Goodbye, Darkness." But that's not what they were looking for from me. They were looking for action and adventure. The book that was forming in my mind that could have been written – and maybe should have been written – is about a guy going back. He is leaving his family. He is going back to Vietnam to re-engage his ghosts, maybe go back with a buddy, but it didn't have anything to do with action or adventure. It was a literary kind of thing, sort of a journey. But they weren't looking for that from me. So he had to go back for some other reason. Who is he? Obviously, he had to be military. So I made him Paul Brenner from "The General's Daughter," who was CID, who went back to investigate a 30-year-old murder. That was all I needed to get the book going in the direction that they wanted it to go.

How do you write convincingly about crime in foreign places?

I do my research. For "The Panther," I didn't go to Yemen. I wanted to go to Yemen, but nobody else wanted me to go. Well, my ex-wife may have wanted me to go. I do field research when I can, like Vietnam and Moscow. And I do use the Internet. But the research that gives me the most results is interviewing people. I interviewed three people who had been to Yemen. One was from the joint terrorism task force. One was a businessperson. The other was a young student who was a friend of my son. These people will tell you stories that seem tangential, but they are not, and they work their way into my books.

As you finish a book tour, are you already working on the next novel?

I have the outline done, yeah.

And you start the process on a legal pad?

Yeah.

> 'When you're front-line infantry, you are the news.'
>
> *In an online extra, Nelson DeMille talks about ROTC, the Tet Offensive, mystery writing and the books he has left in him.*
>
> ***www.legion.org/magazine***

And a No. 2 pencil?

Yeah, I don't know how to type. I don't know how to type well – not fast enough to write a novel. I find the process is better. It's more direct. Me, the page, the pencil. You're not forced into this mechanical box, by the machine.

If not for the Vietnam War, do you think you would have become a successful writer?

A lot of my writing was informed and influenced by the Vietnam experience. You don't know what course your life might have taken. But it could have taken another course. Had I had a normal four years of college without interruption, I might have ended up at a Fortune 500 company. I think the Army opened my eyes to a different world. Coming back from a combat situation, like all combat veterans, you promise yourself you'll do this or you'll do that. You don't sweat the small stuff anymore. It changes your life.

Jeff Stoffer is editor of The American Legion Magazine.

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GALLERY

In Gil Cohen's painting "For God and Country: A D-Day Prayer," 101st Airborne paratroopers of Easy Company's Stick 70 receive a blessing from their beloved regimental chaplain, Capt. John Maloney, at Upottery Airfield, England, on June 5, 1944. On this "night of nights," the paratroopers and the air crew that will carry them into action prepare to begin a new battle in France for the salvation of the free world. ***www.valorstudios.com***

WORLD AFFAIRS

A glimpse of tomorrow?

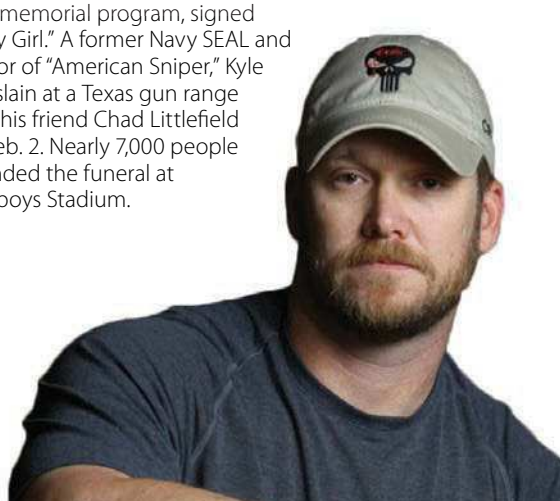
The U.S. National Intelligence Council (NIC) has released its fifth forecast of what tomorrow's world might look like, and concludes that the "unipolar moment is over and Pax Americana – the era of American ascendancy in international politics that began in 1945 – is fast winding down." Given that starting point, it's no surprise that "Global Trends 2030" describes a "radically transformed" world:

- "By 2030, no country – whether the United States, China or any other large country – will be a hegemonic power ... Asia will have surpassed North America and Europe combined in terms of global power, based upon GDP, population size, military spending and technological investment."
- "Individual empowerment will accelerate owing to poverty reduction, growth of the global middle class, greater educational attainment, widespread use of new communications and manufacturing technologies, and health-care advances."
- "Economic growth might decline in aging countries. Sixty percent of the world's population will live in urbanized areas; migration will increase ... global population will have reached somewhere close to 8.3 billion people."

VERBATIM

"You are the best dad ever. I never wanted you to die. I miss your heart."

Daughter of Chris Kyle, in a handwritten tribute to her father on a memorial program, signed "Baby Girl." A former Navy SEAL and author of "American Sniper," Kyle was slain at a Texas gun range with his friend Chad Littlefield on Feb. 2. Nearly 7,000 people attended the funeral at Cowboys Stadium.



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HOMELAND SECURITY

FROM THE TSA DIARIES ...

Earlier this year, the Transportation Security Agency (TSA) posted a description of the most dangerous, scary and unusual items found by its officers in 2012. Here are a few:

637,582,122
Passengers screened by TSA in 2012

1,215
Loaded firearms discovered in carry-on bags at checkpoints

199
Airports where guns were found, with Atlanta topping the list (95 in 2012)

3
Stuffed animals in which a passenger at Providence's T.F. Green Airport (PVD) had concealed a disassembled gun and ammunition

2
3.5-oz. cans of propane in a checked bag at Norfolk (ORF), along with simulated detonating cord and simulated sheet explosives

1
Pistol found in a potted plant at Portland (PDX)

6
Pounds of black powder discovered at Grand Junction (GJT), along with detonation cords and timing fuse

Photos by Veer

Dangerous items passengers attempted to bring along

- A live 40 mm high-explosive grenade at Dallas/Fort Worth (DFW)
- A bottle wrapped in black electrical tape and filled with flash powder, and three M-80 fireworks, at Philadelphia (PHL)
- An explosively viable cannonball at Fort Lauderdale-Hollywood (FLL)
- A live blasting cap in a passenger's carry-on bag at Redmond (RDM)
- A live flash bang grenade in checked baggage at Northwest Florida Regional Airport (VPS)

Too real not to check

- An inert IED with a block of simulated plastic explosive and a simulated blasting cap in checked baggage at Columbus (CSG)
- An inert detonator during a pat-down search after a Charleston (CHS) passenger set off the scanner
- A strange watch resembling an IED component at Oakland (OAK)
- Inert explosive components in a golf club case in checked baggage at Austin-Bergstrom (AUS)

Odd and interesting finds

Bear mace in a sock, dead venomous snakes, a chastity belt, cane swords, a gassed-up chainsaw, a knife mounted on a walker, eels, a marijuana-filled novelty grenade, samurai swords

Read more about TSA's discoveries online: ***blog.tsa.gov***

EDUCATION

Children of fallen troops eligible for Fry Scholarship

Q: *My husband died five years ago while serving on active duty in Iraq. I have three children, ages 17, 15 and 12. Are they eligible for the Fry Scholarship while attending high school, and at what age may they start receiving this benefit?*

A: The Marine Corps Gunnery Sgt. John D. Fry Scholarship amends Chapter 33 of the Post-9/11 GI Bill to include the children of U.S. military personnel who die in the line of duty on or after Sept. 11, 2001. The benefit became effective Aug. 1, 2009. Eligible children 16 or older may receive up to their full tuition and fees for an in-state public school or a statutory annual maximum amount for a private or foreign school, plus a monthly living stipend and book allowance. If your children elect to receive this benefit while attending high school, the school must be approved by the state approving agency.

Eligible children are entitled to 36 months of benefits at the 100 percent level. They have 15 years to use the benefit, beginning on their 18th birthday or the date they begin attending an authorized program. They are not eligible for the Yellow Ribbon Program.

Valerie Heffner, a Marine Corps veteran and member of American Legion Post 27 in Arizona, is a past vice president of the National Association of Veterans' Program Administrators. ***askvalerie@legion.org***

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New Personal Sound Amplification Product is an affordable way to "turn up the volume!"

Even the best inventions can get better. Cordless phones have gotten smaller and feature better sound… televisions have gotten sharper and more affordable. Now, the Personal Sound Amplification Product (PSAP) that has enabled countless people to "turn up the volume" is better than ever.

Perfect Choice HD is NOT a hearing aid. Hearing aids can only be sold by an audiologist or a licensed hearing instrument specialist following hearing tests and fitting appointments. Once they have you tested and fitted, you could pay as much as $5000 for the product.

Reading glasses for your ears. While some people need hearing aids, many just need the extra boost in volume that a PSAP gives them. Now, thanks to the efforts of the doctor who leads a renowned hearing institute, there is Perfect Choice HD. It's a PSAP designed to accurately amplify sounds and deliver them to your ear. Because we've developed an efficient production process, we can make a great product at an affordable price. The unit has been designed to have an easily accessible battery, but it is small and lightweight enough to hide behind your ear… only you'll know you have it on.

Now we've made Perfect Choice HD better than ever!		
	Original Design	**New Perfect Choice HD**
Sound Quality	Good	**Better – It Reduces Feedback**
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Ear Buds	One	**2 to choose from for better fit and sound**
One-on-One set up instructions	No	**Yes – if needed**

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ENTERTAINMENT

Legionnaire shines in Super Bowl ad

For Drea Garcia, a member of Hollywood Post 43, Super Bowl XLVII was quite a night.

An actress and Marine Corps veteran, she briefly appeared in Jeep's popular "Whole Again" Super Bowl commercial – an ad narrated by Oprah Winfrey and dedicated to U.S. troops returning from war. Garcia, who appears around the ad's 1:13 mark, was with friends and fellow Legionnaires at their post watching the game when the commercial aired.

A version of the ad had been airing on the East Coast, but no one from Jeep had told Garcia that it would be shown during the country's biggest sporting event.

"I started noticing certain scenes in the background and I was like, 'Wow, I shot somewhere just like that,'" she says. "Then I realized it was the back of the Jeep that I rode in, and I started screaming."

Garcia, who enlisted in the Marine Corps in 2003 and left the reserve in June, attended an audition last year seeking actors with military experience. About 4,000 people applied, and Garcia was among the 15 who made the final cut.

Still, she was skeptical that she'd end up appearing in one of the three Jeep commercials that would air, as it's common practice in the industry to overshoot and leave footage on the cutting-room floor.

She was surprised to see herself in the first two Jeep commercials that ran in different markets. When the "Whole Again" ad started playing at halftime, she froze.

The ad is the latest milestone in Garcia's career, which has included TV shows, commercials and improv at Los Angeles' Upright Citizens Brigade Theatre.

Even before the ad finished airing, she had called her husband and father to revel in the moment. "Every dad wants their son to play football," she said. "This was the closest I was ever going to get to being in the Super Bowl."

–Andy Romey

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HISTORY

On the edge of Bataan

On April 9, 1942, nearly 75,000 soldiers – 12,000 Americans and 63,000 Filipinos – were captured when the Philippine island of Luzon fell to Japan after four months of holding out. Already in poor shape, the prisoners were forced on a 70-mile march, routinely denied food and water and killed for falling behind.

In his book "Resolve: From the Jungles of WWII Bataan, The Epic Story of a Soldier, a Flag, and a Promise Kept," author Bob Welch tells the story of Army 2nd Lt. Clay Conner Jr., who fled into the jungle and spent nearly three years evading the enemy. Welch recently spoke with *The American Legion Magazine* about Conner's ordeal.

How did Conner survive in the jungles for so long?

His father was always on the road when he was young, and Clay spent a lot of time as a door-to-door salesman. So even though he wasn't the strongest, toughest guy in the group over there, when it came time to forge a relationship with the pygmy Negrito tribe, he was the guy who stepped forward and brokered the deal. The other thing that was interesting was that he and his mom – because his dad was always gone when he was young – went to lots of movies. He had this kind of Hollywood sense of grandeur.

Several times Conner encountered survivors from the death march. How aware was he of what had happened?

Within a few weeks, word had filtered into the jungle of what happened on the death march. I think what (Conner and other escapees) realized is they may have made a very wise decision. And that's not to fault any of the thousands of men who chose otherwise, but I think they realized the Japanese were not the cordial hosts that many who survived thought they might be. They had great respect for any other man in uniform, whether he was trapped on the death march, had escaped it or eluded it. There seemed to be a oneness of spirit, for the most part, that the men shared.

How did Conner manage to organize a network of survivors and native people?

This is a generalization, but among the men there there were doers and there were thinkers. Clay was a thinker. He started to realize, "OK, it looks like we could be here for a while. If that's the case, we need to do something. We need to be the stars of our own movie." So when he had the opportunity with the Filipinos to form this guerrilla band, to become organized and try to defy the Japanese, I think he relished that.

Read the full interview with "Resolve" author Bob Welch: ***www.legion.org/magazine***

TECHNOLOGY

Explore aircraft cockpits with new app

A new app from the National Museum of the Air Force offers a look inside some of history's greatest aircraft.

ACI Cockpit360º features high-definition panoramic photos of more than 20 cockpits from well-known aircraft on display at the museum, including the B-29 Bockscar that dropped the atomic bomb on Nagasaki, Japan, to end World War II, and the F-4C in which legendary fighter pilot Col. Robin Olds and weapons system officer Lt. Stephen Croker destroyed two MiG-17s in a single day during the Vietnam War.

The app is currently available free for download from the Apple iTunes store, and a Droid version is planned.

The app's creator, Lyle Jansma of AeroCapture Images, says that it offers a true sense of being in the cockpit, for pilots and aviation students alike.

"Personally, for myself, the most satisfying element is knowing that aviation enthusiasts with limited mobility and access can now have a virtual experience once reserved for pilots and aircrew," Jansma says.

www.nationalmuseum.af.mil

MEMBERSHIP

NEW POSTS

Post 123, Berlin, N.H. Chartered Jan. 28 (15 members)

Joshua M. Seals Memorial Post 403, Oktaha, Okla. Chartered Jan. 22 (15 members)

Post 364, Santee, Calif. Chartered Jan. 28 (15 members)

Post 70, Highland Park, Mich. Chartered Oct. 17 (15 members)

Warffemius-Seidler Post 381, Baden-Brandywine, Md. Chartered Jan. 7 (21 members)

Capt. Cuyler Walter Hilliard Post 401, Hilliard, Fla. Chartered Jan. 7 (40 members)

Post 1800, Catoosa, Okla. Chartered Dec. 13 (20 members)

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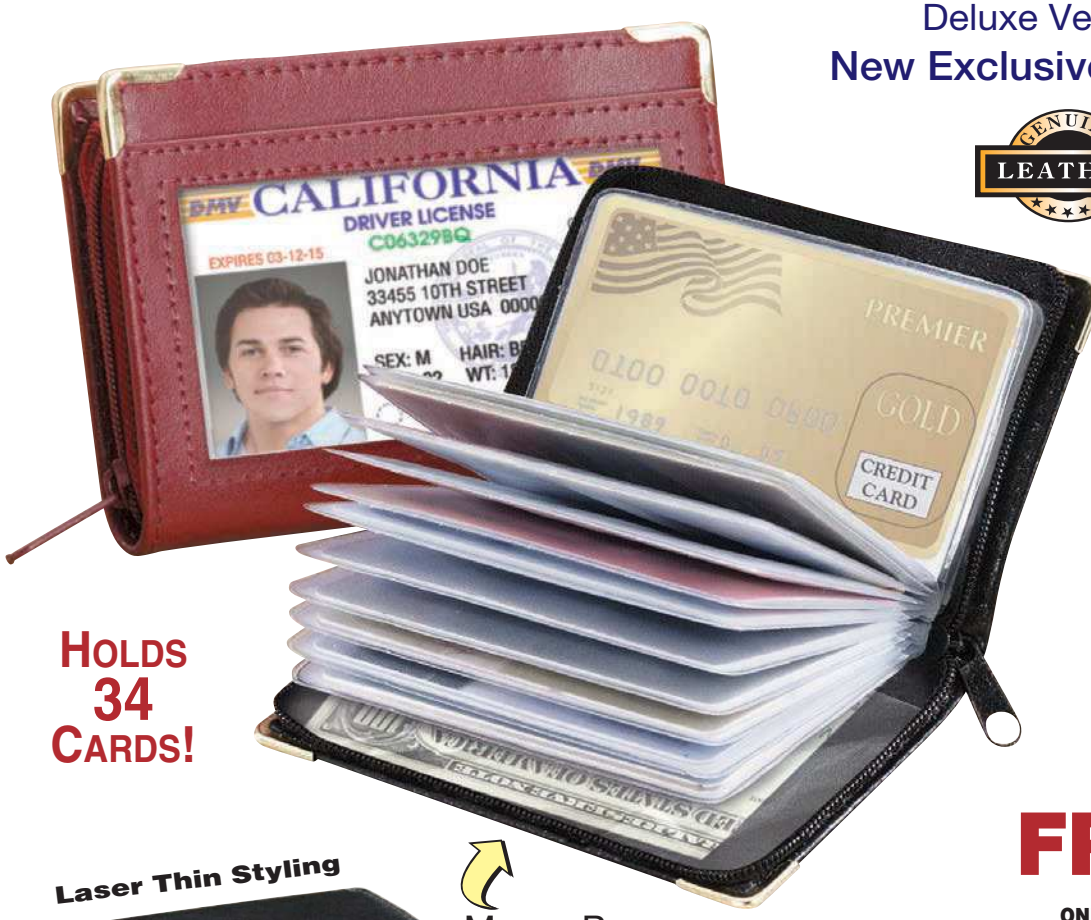

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PERSONAL FINANCE

What to know when comparing Roth, traditional IRAs

FOCUS ON FINANCES

J.J. MONTANARO

Cabernet sauvignon or chardonnay? My tastes run more toward ales and stouts, so trying to pair a wine with dinner can be a bit of a stretch for me.

Since it's tax time, a lot of folks are going through their own pairing exercise, trying to match the right type of IRA, Roth or traditional, to their situation – and that's something I do understand. If you're looking for help on that front, here are some comparison points:

■ **Contribution deadline** Your 2012 contributions to both types of IRAs can be made until the April 15 tax-filing deadline. No difference there.

■ **Contribution limits** For the 2012 tax year, traditional and Roth IRA limits are the same: $5,000. And if you're 50 or older you can add an additional $1,000. Keep in mind that the base contribution limit will increase to $5,500 this year, but the catch-up amount for those 50 or older remains $1,000. To make any type of IRA contribution, you must have earned income that matches or exceeds your contribution.

■ **Pretax vs. after-tax** A Roth IRA contribution will not help with your current tax return. Roth contributions are "after-tax" and are not deductible, so they don't reduce your taxable income. On the other hand, a traditional IRA contribution may be deductible and thus may help reduce your tax bill. If neither you nor your spouse participates in a retirement plan at work, your traditional IRA contribution will be fully deductible. But if you or your spouse has an employer plan, things get more complicated.

If you participate in a plan at work, your traditional IRA contribution is fully deductible only if your modified adjusted gross income (MAGI) is less than $58,000 for a single filer and $92,000 for those married filing jointly. If your MAGI exceeds these amounts, your ability to deduct is gradually phased out. No deduction is allowed for single filers with a MAGI greater than $68,000 and for married couples filing jointly with a MAGI greater than $112,000. If you're not an active participant but your spouse is, you can fully deduct your traditional IRA contribution, provided that your joint income is less than $173,000. If your income is greater than $183,000, you cannot deduct any part of your contribution. But just because you can't deduct your contribution does not mean you can't make one; anyone can contribute to a nondeductible traditional IRA regardless of income.

■ **Income limits** Unlike the traditional IRA, not everyone can contribute to a Roth. For example, if you're single and have a MAGI greater than $125,000, or if you're married, filing jointly, and have a MAGI greater than $183,000, you are not allowed to contribute any amount to a Roth IRA in the 2012 tax year. In addition, you are limited to a partial contribution if you're single and your MAGI is greater than $110,000, or if you're married, filing jointly and your MAGI is greater than $173,000.

■ **The back end** Beyond deductibility, the biggest difference between the two types of IRAs is how withdrawals are treated. With a traditional IRA, withdrawals are considered ordinary income, meaning they'll be fully taxable at your income-tax rate at that time. With a Roth IRA, both contributions and earnings are available tax-free after you've had the account for at least five years and have attained the age of 59½.

As always, I encourage you to check with your certified public accountant or tax preparer for specific guidance on your situation. While I can't offer much when it comes to pairing the right wine with your meal, I hope that I've helped equip you to get your IRA choice right.

J.J. Montanaro is a certified financial planner for USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/focusonfinances

VERBATIM

"... the people in this country are not illegal. They are out of status. They are new Americans that are immigrants."

Rep. John Conyers Jr., D-Mich., warning colleagues on the House Judiciary Committee against using the term "illegal immigrant"

MONEY

The unpopular dollar coin

A congressional review concludes that doing away with the dollar bill and replacing it with a dollar coin could save taxpayers $4.4 billion over the next three decades, AP reports. The projected savings relate to how long coins and bills stay in circulation. A coin can stay in circulation for 30 years, while a bill's lifespan is just four or five years on average.

The problem? Americans don't like dollar coins. "In the past five years, the U.S. Mint has produced 2.4 billion presidential $1 coins. Most are stored by the Federal Reserve, and production was suspended about a year ago," according to AP.

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10 years ago I'd have called you crazy to make such a prediction. Yet today it's a fact. Now our deal with a $4 billion precious metals wholesaler nets you a great deal for America's hottest ounce of silver!

It wasn't more than 13 years ago that we met with former U.S. Mint Director Donna Pope. She spoke with pride about what she considered to be her greatest achievement as Director under President Reagan: Creation of the American Eagle silver and gold bullion coin programs, the first of their kind in our nation's history.

The purpose of these coins was to give people the opportunity to own physical silver and gold in a form certified for weight and purity by the U.S. Mint. While the bullion coin program was a signal success, nobody took into account the profound effect it would have on the collector market.

Silver Eagles = Today's Morgan Dollars

In the 1800s and early 1900s, the U.S. Morgan Silver Dollar was struck year upon year at various mints and circulated at face value. Their core value was in their precious metal content. However, in top grades, Morgan Silver Dollars can sell today for tens and even hundreds of thousands of dollars each!

For the same reason, many collectors today see the Silver Eagle series as a literal "ground floor" opportunity to acquire the top-grade coins as they are released. They started submitting Silver Eagles to the leading independent coin grading services, such as Numismatic Guaranty Corporation (NGC), praying that the coins would come back with the highest possible grade: MS70 (all Uncirculated coins are graded on a point system from a low of 60 to a high of 70, with 70 representing flawless perfection). Of all the Silver Eagles produced by the U.S. Mint in 2012, less than one out of every 482 earned the NGC MS70 grade!

MS70 = $$$$$!

In the rarified atmosphere of MS70, Silver Eagles have soared to market prices that I can only characterize as surreal. Consider this: MS70 Silver Eagles have been selling for truly stratospheric prices. Here are just a few eye-popping examples:

1996 MS70 Silver Eagle ***$4,560*** (NGC population:128)
1988 MS70 Silver Eagle ***$2,630*** (NGC population:193)
1994 MS70 Silver Eagle ***$1,660*** (NGC population:175)
2000 MS70 Silver Eagle ***$5,630*** (NGC population:189)

Of course, the population of these MS70 coins is smaller because they are examples of the finest coins.

It Just Keeps Getting Better

I was thrilled to lock up a guaranteed supply of Perfect Gem MS70 2013 Silver Eagles from a primary distributor. Moreover, every coin is certified and encapsulated by NGC, one of the top two firms for grading coins. But better yet, because these coins were among the very first released, they all have the value-enhancing "First Releases" designation.

Actual size is 40.6 mm

What Does "First Releases" Mean?

NGC designates only those coins it certifies as having been released during the first 30 days of issue as First Releases. Collectors place a premium on these coins because they are struck from freshly made dies, which is thought to impart superior quality. Only a miniscule number of the mintage gets the First Releases pedigree—so it can turbo charge the value of an already valuable MS70 coin.

BUY RISK FREE—AND SAVE $30 OR MORE

No one can predict the future value of any coin, of course. Markets and prices go up and down. But because of our industry-leading status, you can take advantage of our "bolt of lightning" deal on these Perfect Gem MS70 2013 Silver Eagles. ***These same coins are selling elsewhere for $119.95 each,*** but you can order yours here at an incredible price of only $89.95 each. Or buy more and save even more: buy FIVE for $84.95 each or buy TEN for only $79.95 each.

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CONVENTION

HOUSTON BOUND

The Lone Star State will host the 95th National Convention.

Photo by Eldon Lindsay

Hotel directory

The following is a list of department assignments for hotels during the 95th National Convention in Houston:

Doubletree Houston Downtown
400 Dallas St.
(713) 759-0202
Departments: *Alabama, Connecticut, Idaho, Kentucky, Massachusetts, New Jersey, North Carolina, Oregon, Rhode Island*

Hilton Americas-Houston
1600 Lamar St.
(713) 739-8000
Departments: *Alaska, California, Colorado, Delaware, District of Columbia, Florida, France, Hawaii, Indiana, Mexico, Montana, Nebraska, Nevada, Philippines, Puerto Rico, South Dakota, Virginia, Wyoming, Sons of The American Legion, 8 et 40, American Legion Auxiliary National Headquarters, American Legion National Headquarters*

Four Seasons Hotel Houston
1300 Lamar St.
(713) 650-1300
Departments: *Arizona, Vermont*

Crowne Plaza Houston Downtown
1700 Smith St.
(713) 739-8800
Departments: *Arkansas, New Mexico, Oklahoma, South Carolina, Texas, Utah*

Hyatt Regency Houston
1200 Louisiana St.
(713) 654-1234
Departments: *Georgia, Illinois, Louisiana, Maryland, Missouri, New York, Ohio, Pennsylvania, Washington, West Virginia*

Inn at the Ballpark
1520 Texas Ave.
(713) 228-1520
Departments: *Iowa, Mississippi*

Magnolia Hotel Houston
1100 Texas Ave.
(713) 221-0011
Departments: *Kansas, Tennessee, Wisconsin*

Courtyard by Marriott Houston Downtown
916 Dallas St.
(832) 366-1600
Departments: *Maine, Minnesota*

Residence Inn by Marriott Downtown
904 Dallas St.
(832) 366-1000
Departments: *Michigan, New Hampshire*

Holiday Inn Express Downtown
1810 Bell St.
(713) 652-9400
Department: *North Dakota*

Club Quarters in Houston
720 Fannin St.
(713) 224-6400
Department: *American Legion National Headquarters*

Editor's note: Legionnaires attending the convention should contact their department adjutant about hotel accommodations.

www.legion.org/convention

New exhibit, marketing opportunities

The American Legion's traditional National Convention Exhibit and Sponsorship Package now offers businesses an opportunity to capture a broader audience and enhance a company's brand beyond exhibiting at the convention. Check out the 2013 Convention Marketing Opportunities Package online at **www.legion.org/convention**.

This year's Exhibit Hall will be in the George R. Brown Convention Center, Hall B, Level 1, 1001 Avenida De Las Americas, from Aug. 23 to 27. Exhibit Hall hours will be 8 a.m. to 3:30 p.m. Friday, Saturday and Monday, and 8 a.m. to 2 p.m. Sunday and Tuesday. Exhibit space will be assigned on a first-come, first-served basis.

www.legion.org/convention
(317) 630-1393
a.watson@legion.org

Temptations Review at Commander's Banquet

The Temptations Review featuring Dennis Edwards will perform at the National Commander's Banquet on Aug. 27.

Edwards was the first new member to join the legendary group after its "classic five" heyday, replacing David Ruffin as lead singer in July 1968. The group recorded hits such as "Papa Was a Rollin' Stone" and "Cloud Nine," and won the first Grammy for Motown Records. Edwards has also found success as a solo artist, and was inducted into the Rock and Roll Hall of Fame with the Temptations in 1989. The group's lineup also includes Paul Williams Jr., whose father was one of the original Temptations.

Tickets are $45. Those interested in attending the Commander's Banquet should contact their department adjutant.

Our Family Surrounds Us with Love

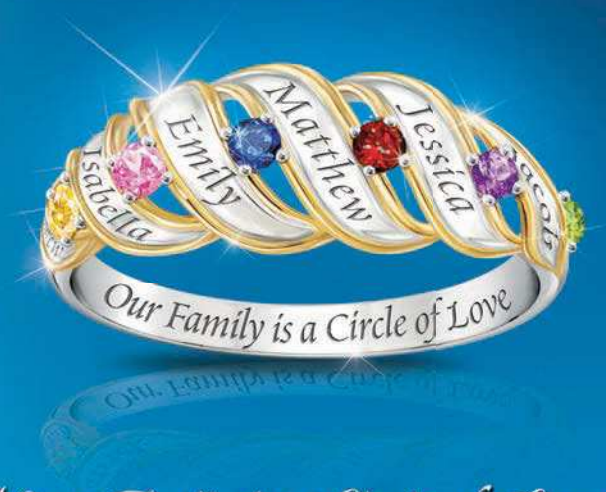
The *"Our Family is a Circle of Love" Personalized Birthstone Ring* is an exclusive design exquisitely hand-crafted in solid sterling silver with rich 24K gold plating. Every ring features a unique design of shimmering waves that is individually customized just for your family! Up to six family member's cubic zirconia birthstones of your choice will sparkle next to a "wave" that can be elegantly engraved with his or her name. The inside of the band is engraved with the words, "Our Family is a Circle of Love." It's a beautiful way to express a family's connection to one another!

Each child is represented by a custom-engraved "wave" on the ring.

A Remarkable Value... Available for a Limited Time

This exclusive ring is an exceptional value at $119, payable in 4 easy installments of $29.75 and backed by our 120-day full money-back guarantee. The ring is available in whole and half sizes 5-12 and arrives in a deluxe presentation case along with a Certificate of Authenticity. To reserve, send no money now; just mail the Reservation Application. This gorgeous personalized ring is *only available from The Bradford Exchange*. So don't miss out—order today!

Your ring arrives in a deluxe presentation box.



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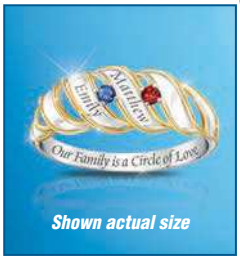

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YES. Please reserve my ring with the names and birthstones indicated below.
(Limit of 6 names with maximum of 8 letters each)

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1.		
2.		
3.		
4.		
5.		
6.		

Mrs. Mr. Ms.

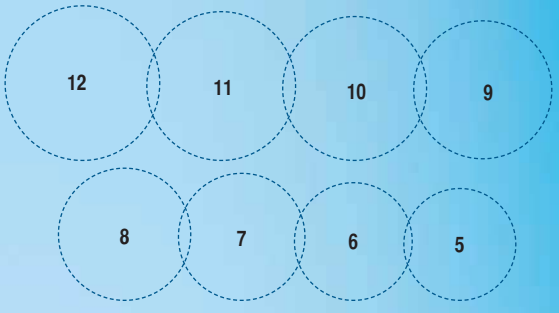
Name (Please Print Clearly)

Address

City State Zip

E-Mail (Optional)

01-13457-001-E94901



To find your size, using the guide, place one of your rings on the chart and match a circle with the inside of your ring. Whole & half sizes 5-12 are available. If your ring size falls between two circles, order the half size in between.

www.bradfordexchange.com/13457

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CAPITOL HILL

New veterans in the 113th Congress

A dozen newly elected members of the U.S. House of Representatives are veterans, nine of whom served in Iraq and Afghanistan. According to *The New York Times*, the Senate has 18 veterans, down from a peak of 81 in 1977, and the House has 88 veterans, down from a peak of 347 in 1977.

Kerry Bentivolio, R-Mich.

Branch, rank: Army and Army National Guard, sergeant first class
Years: 1968-2008
Post: E.F. Oldenburg Post 216, Milford, Mich.

Bentivolio served in Vietnam as an infantry rifleman. He later joined the Army National Guard and served during the Gulf War. He also served with an artillery unit in Iraq in 2007, performing convoy missions.

Jim Bridenstine, R-Okla.

Branch, rank: Navy and Navy Reserve, lieutenant commander
Years: 1998-2007, 2010-present

As a naval pilot, Bridenstine did tours in Afghanistan (2002) and Iraq (2003). He has logged more than 1,900 flight hours.

Doug Collins, R-Ga.

Branch, rank: Air Force Reserve, major
Years: 2002-present
Post: Paul E. Bolding Post 7, Gainesville, Ga.

After 9/11, Collins – senior pastor of a Baptist church – joined the Air Force Reserve to serve as a chaplain and did a tour in Iraq in 2008.

Tammy Duckworth, D-Ill.

Branch, rank: Army National Guard, lieutenant colonel
Years: 1992-present
Post: Post 1995, Centreville, Va.

Duckworth was one of the first women to fly combat missions as a Black Hawk pilot. When her helicopter was hit by an RPG in Iraq in 2004, she lost both legs and some mobility in her right arm.

Tom Cotton, R-Ark.

Branch, rank: Army, captain
Years: 2004-2009

Cotton led an infantry platoon in Iraq (2006), served as a platoon leader for ceremonial functions at Arlington National Cemetery, and did a tour as an operations officer in Afghanistan (2008).

Ron DeSantis, R-Fla.

Branch, rank: Navy and Navy Reserve, lieutenant commander
Years: 2005-present
Post: Palm Valley Post 233, Ponte Vedra Beach, Fla.

DeSantis worked with prisoners at Guantanamo Bay, then deployed to Iraq in 2007 as legal adviser to the SEAL commander for Special Operations Task Force-West in Fallujah. He was awarded the Bronze Star.

Paul Cook, R-Calif.

Branch, rank: Marine Corps, colonel
Years: 1966-1992
Post: Jack V. Rice Post 761, Joshua Tree, Calif.

Cook served as an infantry officer in Vietnam War. He received a Bronze Star for combat bravery and two Purple Hearts.

Bill Enyart, D-Ill.

Branch, rank: Air Force, Illinois National Guard, adjutant general
Years: 1969-2012
Post: George E. Hilgard Post 58, Belleville, Ill.

Enyart joined the Air Force in 1969 and served in Okinawa. After his return, he served in the Air Force Reserve, the Army National Guard and, most recently, as adjutant general of the Illinois Guard.

Tulsi Gabbard, D-Hawaii

Branch, rank: Hawaii Army National Guard, captain
Years: 2003-present

After 9/11, Gabbard enlisted in the Hawaii Army National Guard. She went on to serve in Iraq (2004) and Kuwait (2009).

Scott Perry, R-Pa.

Branch, rank: Pennsylvania Army National Guard, colonel
Years: 1980-present
Post: Post 26, Dillsburg, Pa.

Perry deployed to Iraq in 2009. He is a graduate of the U.S. Army War College and serves as commander for the Fort Indiantown Gap National Guard Training Center.

Chris Stewart, R-Utah

Branch, rank: Air Force, major
Years: 1984-1998

Stewart flew rescue helicopters and B-1B bombers during his time in the service. In 1995, he set the world record for the fastest nonstop flight around the world.

Brad Wenstrup, R-Ohio

Branch, rank: Army Reserve, lieutenant colonel
Years: 1998-2011
Post: Anderson Post 318, Cincinnati

Wenstrup served as a surgeon in Iraq in 2005 and 2006. He was also chief of surgery at Abu Ghraib prison, taking care of troops and civilians caught up in crossfire as well as prisoners of war.

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ASK A SERVICE OFFICER

What you need to tell VA

Tracy L. Davis
Department Service Officer, Missouri

Q: *Will my benefits stop if I don't file an annual report?*

A: The Department of Veterans Affairs (VA) no longer requires you to complete an annual Eligibility Verification Report (EVR) form to maintain your benefits. Even though VA is no longer sending an EVR form, you are still responsible for notifying VA of annual changes in earnings, medical expenses and dependents.

Earnings changes to report on VA Form 21-4138:

- Interest or dividend payments from stocks, bonds or savings
- Retirement pension payments or other retirement income
- Inherited money or property
- Rental income
- Income changes
- State or federal benefits

Medical expense changes to report on VA Form 21P-8416:

- Increase or decrease in out-of-pocket unreimbursed medical expenses (including doctor visits, pharmacy co-pays and medical insurance premiums)

Dependent changes to report on VA Form 21-686c:

- Marriage, divorce or separation
- Loss of a dependent
- Spouse's employment or loss of a job
- Spouse's changes in medical bills
- If your child is between 18 and 23 and marries or is no longer attending school
- Conception or adoption of a child

All three VA forms are available for download online at **www.va.gov/vaforms**.

*Do you have a question for Department of Missouri Service Officer Tracy Davis about the claims process or veterans benefits in general? Send it to **askso@legion.org**.*

HONOR AND REMEMBRANCE

Share memories of service

The American Legion is planning a new Web page focused on honor and remembrance. We will be collecting and publishing stories of interest about those who have served and sacrificed to keep the United States safe and free – stories about your family, your American Legion post, your memories. Specifically, we are interested in:

- **Your family's legacy.** Examples include generations of family members who have served in uniform, relatives who enlisted, or a family member's commitment to the military.
- **Your post's activities.** Does your post have a museum? Has it handed out an award recently?
- **Legion Riders.** How are you honoring veterans?

To submit a story and photo, visit **www.legiontown.org** or send them to Honor and Remembrance, c/o *The American Legion Magazine*, 700 N. Pennsylvania St., Indianapolis, IN 46204. We are unable to return submissions.

LEGION TV

2013 livestream schedule

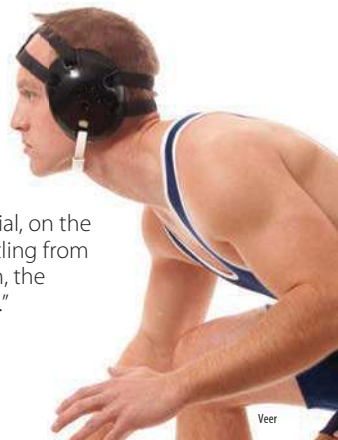
(All times are Eastern, tentative and/or subject to change)

Date	Time	Event
April 21	10 a.m.	Oratorical Contest Finals
May 8	8:30 a.m.	Spring NEC Meeting Day 1
May 9	9 a.m.	Spring NEC Meeting Day 2
July 23	3 p.m.	Boys Nation Candidate Debate
July 23	6:30 p.m.	Boys Nation Elections
July 25	6 p.m.	Boys Nation Alumni Panel
July 26	8 a.m.	Boys Nation Final Senate Session
July 26	8 p.m.	Boys Nation Graduation
Aug. 23	6 p.m.	Convention Color Guard Contest
Aug. 24	2 p.m.	Convention Band Contest
Aug. 26	2 p.m.	National Security Symposium
Aug. 25	Noon	Convention Patriotic Memorial Service
Aug. 27-29	9:30 a.m.	Convention Sessions
Oct. 16	8:30 a.m.	Fall NEC Meeting Day 1
Oct. 17	9 a.m.	Fall NEC Meeting Day 2

VERBATIM

> **"A piece of the Olympic idea is dying with this decision."**

Jannis Zamanduridis, German wrestling federation official, on the International Olympic Committee's decision to drop wrestling from the 2020 games. The IOC retained the modern pentathlon, the event considered most at risk, as one of its 25 "core sports."



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Remember the feeling you had the first time you got into a hot tub? The warm water, the energizing bubbles and the gentle hydrotherapy of the jets left you feeling relaxed and rejuvenated. Aches and pains seemed to fade away, and the bubbling sound of the water helped put you in a carefree and contented mood. The first time I ever got in a hot tub at a resort, I said to myself "One of these days I'm going to have one of these in my home– so I can experience this whenever I want." Now that I'm older, I'd still like to have the pain relief and relaxation, but I have to be careful about slipping and falling in the bathroom. That's why I was thrilled to find out that Jacuzzi had combined the safety of a walk-in bath with the benefits of a hot tub. Now that I have one in my home I can have that luxurious resort experience… whenever I want.

The moment you step into your Jacuzzi Walk-In Hot Tub you'll see the superior design and the quality of the craftsmanship. The entry step is low and the door is 100% guaranteed not to leak. The high 17" seat enables you to sit comfortably while you bathe and to access the easy-to-reach controls. Best of all, your tub comes with the patented Jacuzzi PointPro™ jet system– which gives you a perfectly balanced water-to-air ratio to massage you thoroughly but gently. These high-volume, low-pressure pumps are arranged in a pattern that creates swirls and spirals that provide both a total body massage and targeted treatment of specific pressure points. The tub features a high gloss acrylic coating which is more durable, scratch resistant and easier to clean than traditional gel-coat surfaces. It's American made with full metal frame construction and comes with a lifetime warranty on both the tub and the operating system.

SEE THE JACUZZI® DIFFERENCE

Laboratory tests clearly show how Jacuzzi® outperforms other manufacturers' jet systems, producing a deeper and wider plume of revitalizing bubbles. Best of all, it doesn't cost you a penny more!

Why Jacuzzi is the Best

- ✓ **Easy and Safe Entry -** Low entry, leakproof door allows you to step safely into the tub.
- ✓ **Durable and Easy to Clean -** State of the art acrylic surface.
- ✓ **Comfortable Seating -** Convenient 17 inch raised seat.
- ✓ **Worry Free Enjoyment -** Thanks to Jacuzzi's Lifetime Limited Warranty.
- ✓ **Maximum Pain Relief -** Therapeutic water AND air jets.
- ✓ **Relax Fully -** All controls are within easy reach.
- ✓ **Personalized Massage -** Adjustable back jets for pinpoint control.
- ✓ **No Hassle Installation -** Designed to fit in your existing tub space.

Isn't it time you rediscovered the comfort and luxury of a soothing therapeutic hot tub experience again? Call now and knowledgeable product experts will answer any questions and explain how easy and affordable it can be. Don't wait, call now.

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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,*** **Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,*** **Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax (**317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,*** **Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine,*** **Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

7th Avn Field Depot Sqdn (AFDS) & 1st, 6th, 8th AFDS, Branson, MO, 9/10-12, Ted Blaylock, (573) 864-2120, jackblylck@aol.com; **31th Bomb Wing,** Kansas City, MO, 5/22-26, Al Schutte, (513) 733-8195, aschutte@cinci.rr.com; **57th Alumni Assn (57th TCS, MAS, AS & WS),** Dayton, OH, 9/26-29, Woodie Hall, (407) 498-1020, alumni57th@gmail.com; **58th Bomb Wing,** Kansas City, MO, 5/22-26, Al Schutte, (513) 733-8195, aschutte@cinci.rr.com; **60th Trp Carrier Grp & C-119 Vets (1950-1961),** Myrtle Beach, SC, 9/15-18, Paul Baldwin, (254) 694-2267, dbaldwin@hillsboro.net; **81st Ftr Wing,** San Antonio, 9/21-24, Harry Eckes, (972) 539-7259, harryeckes@verizon.net; **91st Strat Recon Wing (McGuire AFB, 1948-1949, Yokota AB, 1950-1954, Barksdale AFB, 1950-1951 & Lockbourne AFB, 1951-1957) – 6091st SRS, 91st Bomb Wing (1963-1968), 91st Space/Missile Wing (1968-Active), 91st Bomb Grp (WWII) & Lockbourne AFB Reunion Grp,** Omaha, NE, 8/21-27, Jim Bard, (410) 549-1094, jimbardjr@comcast.net; **303rd Air Refueling Sqdn,** Grapevine, TX, 10/23-27, Marianne Madory, (951) 232-9192, rmmadory@att.net; **Bien Hoa TFW,** Fairborn, OH, 8/22-24, Tim Pierce, (864) 653-7510, tap6869nam@gmail.com; **Blytheville/Eaker AFB,** Blytheville, AR, 10/5-6, Wally Thomas, (870) 762-6319, wally1938@sbcglobal.net; **C-123s in SEA,** Branson, MO, 5/6-10, Sue Rice, (417) 876-6723, srice@centurytel.net; **Mobile Aerial Port Sqdns (MAPS),** Wheeling, WV, 7/26-28, Mark Bishop, (304) 243-9572, bishtwo@comcast.net; **Pilot Classes of WWII,** Seattle, 9/11-15, Stan Yost, (239) 466-1473; **Safeside Assn,** Valdosta, GA, 5/16-19, Pete Villarreal, (907) 388-6942, villa@santanet.org; **Stalag Luft III POW Camp (Germany, WWII),** Crystal City, VA, 4/25-28, Val Burgess, (307) 674-4080, vburgess@burgessdesigngroup.com; **USAFSS Misawa, Japan – 1st RSM, 6989th, 6921st, 6920th,** Virginia Beach, VA, 5/30-6/2, Helen Henderson, (904) 829-9235, etaya49@hotmail.com

ARMY

1st Trans Bn (FAMF), Covington, KY, 5/19-21, Bruce Binns, (269) 345-6279, ccbaypiper@iserv.net; **2nd Bn 94th Arty (Vietnam, 1966-1972),** Williamsburg, VA, 9/23-27, Jim Lary, (501) 834-9777, jlary@usa.net; **2nd Cav Assn,** Gettysburg, PA, 10/3-6, Tim White, (717) 475-6406, twhite@guidonleader.com; **19th Cbt Eng Bn Assn & Attached Units (Vietnam),** Waynesville, MO, 9/5-7, Tom Ebrite, (765) 286-4906; **24th Trans Co,** Fort Riley, KS, 7/19-20, Ronald Dunlap, (540) 877-3542, retread@24thtruckmasters.net; **28th Cbt Support Hosp,** Fayetteville, NC, 7/19-21, Rachel Bremseth, (601) 750-8166, rach8361@me.com; **61st FA Bn 1st Cav Div,** Branson, MO, 5/5-8, Bill Stewart, (812) 894-2802, wespjs@aol.com; **69th Inf Div,** Nashville, TN, 10/14-20, George West, (610) 432-3598, gwest2526@aol.com; **84th & 62nd ECB (Korean War),** Gettysburg, PA, 9/9-12, Jerry Shaver, (610) 909-2423, jshaver1212@aol.com; **85th Ord Co Direct Support (Long Binh, Vietnam, 1965-1966),** Albuquerque, NM, 5/9-14, Dallas Waterfill, (859) 734-5598, dallaswaterfill@yahoo.com; **87th Eng Bn,** St. Robert, MO, 10/2-6, Dave Johnson, (573) 336-5050, camranh1967@yahoo.com; **91st MP Bn (Korea),** Madison, WI, 7/23-26, Norm Murray, (608) 358-4573, normanjoan@msn.com; **94th Inf Div Hist Society,** New Orleans, 6/11-16, Harry Helms, (610) 363-7826, harrynhelmsjr@aol.com; **96th FA Bn (Korea),** Branson, MO, 9/19-21, Charles Bryan, (515) 277-7357, chucked1626@aol.com; **96th Inf OCS Co Class 64-67 (Fort Benning, GA),** Colorado Springs, CO, 7/15-19, Fred Beckman, (609) 894-9673, fbbeckman@comcast.net; **101st Abn C Co 1/502 (Vietnam, 1968-1969),** Oak Grove, KY, 5/6-8, Chuck Moberg, (248) 328-0967, cfmoberg@comcast.net; **101st Radio Research Co,** Myrtle Beach, SC, 10/18-20, Paige Sawyer, (843) 546-3745, paigebsawyer@gmail.com; **183rd Recon Airplane Co "Seahorses,"** Gonzalez, LA, 4/26-29, Mack Gibson, (704) 995-3432, mgibson55@roadrunner.com; **340th MP Bn HQ, 400th MP Bn (Desert Storm),** Queens, NY, 11/16, Felix Rivera, (718) 473-2104, felix9091@yahoo.com; **408th, 415th, 601st, 328th Radio Research,** Rapid City, WI, 9/26-29, Thomas Heiser, (715) 423-3914, tsheiser@wctc.net; **516th Eng Co (Hanau, Germany),** Owensboro, KY, 9/24-26, Tom Collins, (765) 825-6436, twcgam@aol.com; **589th Eng Bn Assn (Vietnam),** Branson, MO, 9/12-15, Rich Comiso, (865) 458-7176, comisorandb@charter.net; **655th Med Co,** Nashville, TN, 6/14-16, Leonard Kolcz, (517) 369-9424, koldkreek@frontier.com; **864th Eng Bn,** Nashville, TN, 10/3-6, Paul Lantz, (978) 922-8552, lantzbuilt@gmail.com; **Alaska Mil Vets,** Dayton, OH, 9/16-20, Herman Snelling, (704) 663-2915; **Avn Elect (AVEL) Support Cos (Vietnam),** Washington, 10/16-20, Jack McCabe, (847) 778-3473, jmccabe51@gmail.com; **Bravo Co 2nd Bn 8th Cav 1st Cav Div (Airmobile) (1967-1968),** Nashville, TN, 5/1-5, Gene Hedberg, ghedberg@midiowa.net; **Camp Kaiser, Korea (All Units, All Yrs),** Columbus/Fort Benning, GA, 6/4-9, Joe Wietlisbach, (812) 852-4916, joewietli@aol.com; **D/2/16 1st Inf Div (1967-1970),** Edinboro, PA, 8/1-4, Don Dignan, (734) 525-0157, dondignan@sbcglobal.net; **Dau Tieng, Vietnam,** Nashville, TN, 6/26-30, Edward Davis, (856) 854-7103, edward199@aol.com; **E Co 2/39th Inf 9th Inf Div (Vietnam),** St. Louis, 4/18-20, Wayne Henninger, (570) 874-2417, chumlu@ptd.net; **Merrill's Marauders & Descendants,** Bloomington, MN, 8/29-9/1, Jerrie Daly, (651) 204-5004, mmpdtreas@gmial.com; **MIBARS,** Las Vegas, 6/13-15, Don Skinner, (503) 307-0165, donsk@frontier.com

COAST GUARD

***Wakefield* AP 21 (WWII),** Hagerstown, MD, 6/21-23, John Hanisak, (412) 973-7316, sueknauss@msn.com

JOINT

***Hornet* CV 8 & CV/CVA/CVS 12,** Providence, RI, 9/24-29, Carl & Sandy Burket, (814) 224-5063, hornetcva@aol.com; ***Iwo Jima* LPH 2/LHD 7,** Hampton, VA, 10/2-6, Robert McAnally, (757) 723-0317, yujack@megalink.net; **Korean War Ex-POW Assn,** Arlington, VA, 7/21-28, Bill Norwood, (423) 476-3628, wnorwood909@charter.net; **Mobile Riverine Force TF-117 (Vietnam),** Indianapolis, 8/28-9/1, A.B. Moore, (828) 464-7118, mrfa@bellsouth.net; **Moroccan Reunion Assn (Mil & Civilian),** Daytona Beach, FL, 9/10-15, Robert Sieborg, (402) 496-1498; **Morocco – Kenitra American HS, Sidi Yahia, Bouknadel, Radat (Navy, USMC, US & Moroccan Civilians, 1950-1978),** New Orleans, 6/14-16, LaVondra Hallman, (504) 453-2512, lavondrahallman@gmail.com; **White House Med Unit,** San Francisco, 7/3-6, Chester Ward, (510) 441-3883, tvldoc@sbcglobal.net; ***Yorktown* CV/CVA/CVS 10 (1943-1970),** Mount Pleasant, SC, 10/3-5, Nina Creasman, (834) 849-1928, ncreasman@yorktown.net

MARINES

1st ANGLICO, Columbus, OH, 6/13-16, John Maurer, (614) 262-9002, jmaurer@columbus.rr.com; **1st Mar Aircraft Wing Assn – Vietnam Service,** New Orleans, 8/23-25, Al Frater, (201) 906-1197, teanal@optonline.net; **2nd Bn 1st Mar,** Washington, 11/7-13, Paul Mangan, (515) 360-2600, namgrunt@aol.com; **3rd Bn 4th Mar Assn,** Herndon, VA, 8/28-9/1, Travis Fryzowicz, (732) 251-5518, maddogandgrace@verizon.net; **3rd Bn 11th Mar,** Nashville, TN, 9/11-15, Doug Miller, (402) 540-9432, dwmiller@gmail.com; **Combined Action Program (CAP) Assn (Vietnam),** Branson, MO, 11/7-12, Phil Ovelman, (610) 324-0545, capeno@aol.com; **Echo 2/7 1st Mar Div (Vietnam),** San Diego, 8/21-25, Addison Johnson, (434) 585-3685, askipjohnson@hotmail.com; **Fox Co 2nd Bn 7th Rgt 1st Mar Div (Korea, 1950-1953),** Branson, MO, 10/23-27, Bill French, (417) 230-6637; **MASS-2/MTACS-2,** Las Vegas, 9/23-26, George Macartie, (858) 566-5303, mtacs-2@sbcglobal.net; **Nebraska Plt 3026 (MCRD San Diego, 1968),** Omaha, NE, 7/27, Al Flyr, (515) 267-9577, alflyr@msn.com

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NAVY

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Cecil* DD/DDR 835,** Branson, MO, 9/29-10/5, Greg Wells, (405) 365-1926, glw513@yahoo.com; ***Charles S. Sperry* DD 697,** Essington, PA, 4/18-21, Gary Chesser, (662) 546-0675, dd697wm@bellsouth.net; ***Chilton* APA 38,** New London, CT, 10/10-13, George Palisin, (440) 234-2853, artist0043@wowway.com; ***Detroit* AOE 4,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Diamondhead* AE 19,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Everett F. Larson* DD/DDR 830,** Nashville, TN, 9/4-8, N.T. Nicholoff, (260) 623-6288, hillbillyjn@frontier.com; ***Firedrake* AE 14,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Flint* AE 32,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Frank E. Evans* DD 754,** Virginia Beach, VA, 9/26-29, John Coffey, (706) 335-0724, johnjudyc@gmail.com; ***Franklin D. 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Berry* DD/DDE 858,** Warwick, RI, 10/3-6, John Titsworth, (203) 531-6618, skiptonit@aol.com; ***Galveston* CLG 3,** St. Louis, 9/11-15, Tom "Soupy" Campbell Jr., (866) 398-2655, galvestton@comcast.net; ***Glacier* AGB 4,** Providence, RI, 10/2-6, Gordon Wagoner, (952) 935-1107, gdwagon@comcast.net; ***Graffias* AF 29,** Branson, MO, 9/10-14, John Morrow, (540) 442-0007, john_w_morrow@yahoo.com; ***Great Sitkin* AE 17,** Mobile, AL, 8/18-22, Doug Hauser, (334) 277-2151, dhauser2137@knology.net; ***Great Sitkin* AE 17,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Gregory* DD 802,** Portland, OR, 9/29-10/3, Ken Boyer, (651) 633-6247, gloriab13@usfamily.net; **Guantanamo Bay, Cuba,** Chattanooga, TN, 10/6-10, Mike Warman, (407) 323-3632, warmantmcret@yahoo.com; ***Haleakala* AE 25,** Nashville, TN, 9/11-15, Kurt Julsen, (907) 333-0681, kurtjulsen60@hotmail.com; ***Hanson* DD/DDR 832,** Savannah, GA, 9/19-22, Roger Austin, (770) 504-0004, rogerandmaryellen@comcast.net; ***Hawkbill* SSN 666,** Las Vegas, 5/19-21, Merlon Alcorn, (406) 788-2423, hawkbillreunion2013@yahoo.com; ***Haynsworth* DD 700,** Herndon, VA, 9/25-29, James Horn, (717) 263-8090, haynsworth@comcast.net; ***Helena* CL 50/CA 75/SSN 725,** Helena, MT, 8/30-9/2, James McNamee, (503) 981-0873, james1602@q.com; ***Henry B. Wilson* DDG 7,** Charleston, SC, 9/25-29, Dan Marks, (520) 841-3272, dan_m@centurylink.net; ***Henry L. Stimson* SSBN 655,** Mobile, AL, 10/10-13, Loree Riggs, (217) 498-8409, l.riggs8@comcast.net; ***Higbee* DD/DDR 806,** San Diego, 9/15-19, Gil Rodello, (541) 747-1408, gilrodhigbee@comcast.net; ***Hornet* CV 8 & CV/CVA/CVS 12,** Providence, RI, 9/24-29, Carl & Sandy Burket, (814) 224-5063, hornetcva@aol.com; **HS-3,** Virginia Beach, VA, 4/4-7, Tommy Dingler, (770) 748-8209, dingler2@bellsouth.net; ***James F. Kyes* DD 787,** Colorado Springs, 9/25-29, Rick Warden, (417) 358-2505, rick.warden@att.net; ***Jason* AR 8,** Branson, MO, 6/3-6, Steve Brunette, (360) 385-3306, tarboo@cablespeed.com; ***John R. Craig* DD 885,** South Portland, ME, 9/4-8, Jerry Chwalek, (734) 525-1469, jermail@ameritech.net

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Charles A. Wilson, Dept. of Virginia. Dept. Cmdr. 1979-1980 and Nat'l Cemetery Cmte. Memb. 1980-1989.

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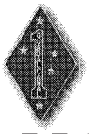

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It's a cruel choice: work or daytime TV.

I'VE BEEN SAVING for a rainy day. So far, I can handle a light mist.

A MAN walked into a bar and ordered a drink. While the bartender mixed his beverage, the man heard a quiet voice say, "Nice suit."

He looked around, but no one was there. Then he heard another voice say, "I really like that tie." The man wheeled all the way around but still didn't see anyone.

Then a third voice said, "Nice haircut. You must have a really good barber." This time, the man jumped off the stool, wondering if he was imagining things. Just then, the bartender returned with his drink.

"I keep hearing voices," the man exclaimed.

"Saying nice things about you?" the bartender asked. The man nodded.

"Those are our peanuts," the bartender replied, pointing at the bar. "They're complimentary."

HOW MANY paranoid people does it take to change a light bulb? Who wants to know?

A TEACHER told one of her students to give a sentence starting with "I."

The student started, "I is ..."

"No, dear," the teacher interrupted. "Always say, 'I am.'"

"OK. I am the ninth letter of the alphabet."

THERE'S A NEW GROUP for compulsive talkers. It's called On & On Anon.

"Don't blame me! They won't let me pray in school."

"Finally! After three months of playing this silly game, I was beginning to think I'd never make a hole-in-one."

THE ECONOMY is in such rough shape that the last time I bought a fast-food meal the cashier asked, "Can you afford fries with that?"

A DOLLAR BILL met a $20 bill and said, "Hey, what's up? I haven't seen you around here lately."

The $20 bill replied, "I've been hanging out at the casinos, went on a cruise, came back to America, saw a couple of baseball games, visited the mall, that kind of stuff. How about you?"

The dollar bill said, "You know, the same old thing – church, church, church."

WHY ARE THERE so many Johnsons in the phone book? They all have phones.

"IT WILL NOW cost you 46 cents to mail a letter. Some people are complaining about the price, even though it's a penny more than the old price. You're not allowed to spend $4 on a cup of coffee and complain about a cent." – *Jimmy Kimmel*

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Turner W. Branch, a principal and senior partner of the Branch Law Firm, retired as a 1st Lieutenant in the United States Marine Corps in 1968. He served on active duty in Camp Pendleton, California and at the Marine Corps Air Facility (MCAF) in Santa Ana, California. While at Camp Pendleton he served with the Second Battalion, Fifth Marines, First Marine Division (FMF) USMC.

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